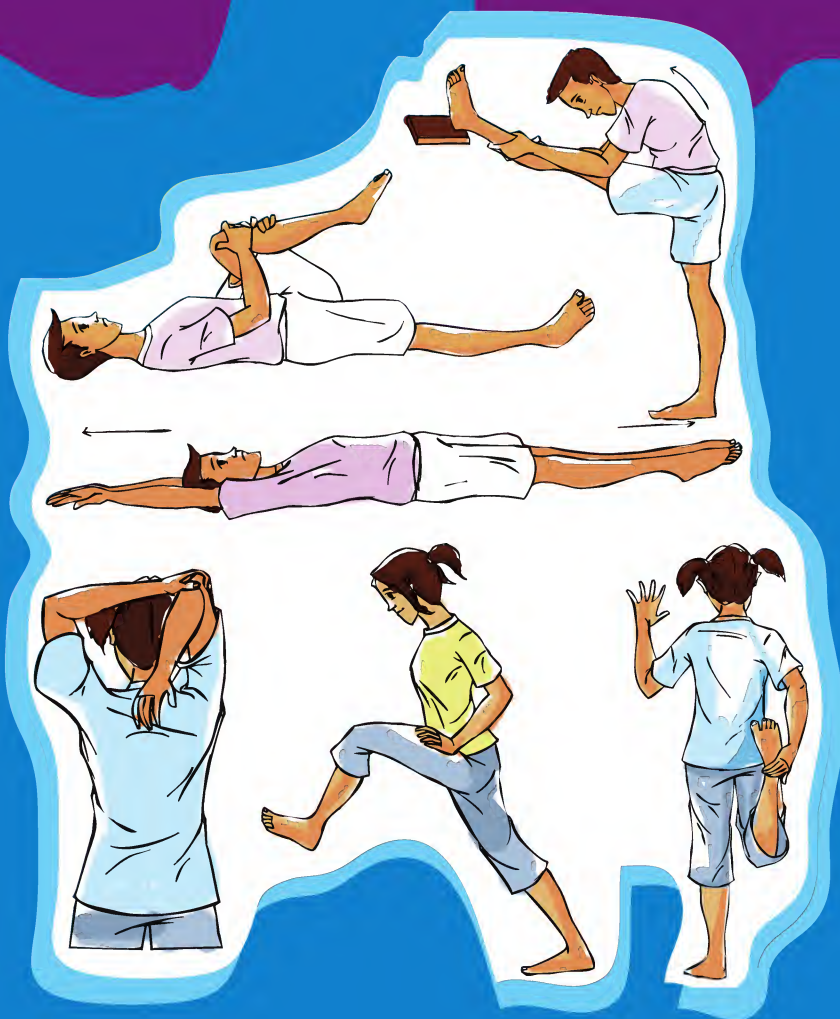


# Physical Education and Health

## Class Six



NATIONAL CURRICULUM AND TEXTBOOK BOARD, BANGLADESH

**Prescribed by the National Curriculum & Textbook Board  
as a Textbook for class six from the academic year 2013.**

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# **Physical Education and Health**

## **Class Six**

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## PREFACE

The aim of secondary education is to make the learners fit for entry into higher education by flourishing their latent talents and prospects with a view to building the nation with the spirit of the Language Movement and the Liberation War. To make the learners skilled and competent citizens of the country based on the economic, social, cultural and environmental settings is also an important issue of secondary education.

The textbooks of secondary level have been written and compiled according to the revised curriculum 2012 in accordance with the aims and objectives of National Education Policy-2010. Contents and presentations of the textbooks have been selected according to the moral and humanistic values of Bengali tradition and culture and the spirit of Liberation War 1971 ensuring equal dignity for all irrespective of caste and creed of different religions and sex.

The present government is committed to ensure the successful implementation of Vision 2021. Honorable Prime Minister, Government of the People's Republic of Bangladesh, Sheikh Hasina expressed her firm determination to make the country free from illiteracy and instructed the concerned authority to give free textbooks to every student of the country. National Curriculum and Textbook Board started to distribute textbooks free of cost since 2010 according to her instruction.

The subject **Physical Education and Health** is developed on the basis of the philosophy of sound health and fresh mind. Basically it is a practical oriented subject. So it has been tried to co-orient between the theoretical part and the practical part for learning practically and also for life-oriented and realistic education. Student will achieve clear idea about their health care, knowledge of nutrition, personal security and reproductive health. Learners will be conscious about the dreadfulness of drug addiction, AIDS and therefore they will be free from all these. Besides, they will be able to develop themselves to be a healthy and active citizen by learning the rules and regulations of different kinds of physical exercises and games and sports.

I thank sincerely all for their intellectual labor who were involved in the process of revision, writing, editing, art and design of the textbook.

**Prof. Narayan Chandra Saha**

Chairman

National Curriculum and Textbook Board, Bangladesh.

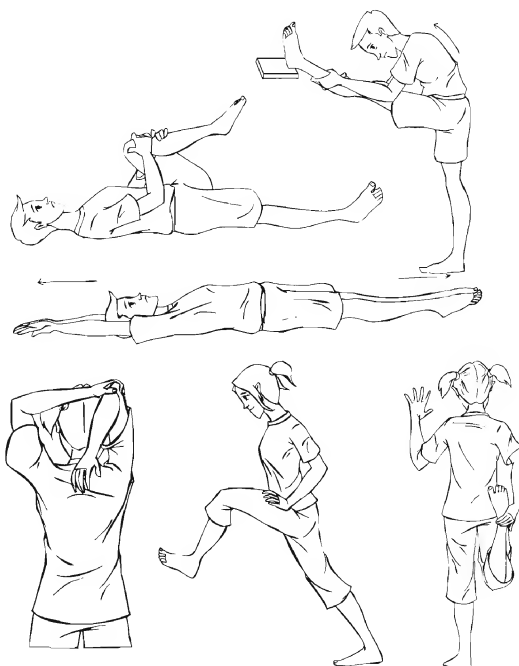
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# Chapter one

## Physical Exercise and Healthy Life

There are different limbs and organs in our body. Systematically and regularly movement of these limbs and organs is called physical exercise. It is called exercise too. It develops proper health structure. Our mental and physical condition is also improved with the development of health structure. As we get recreation through these physical exercises, it creates sense of discipline, leadership and co-operation in our mind.



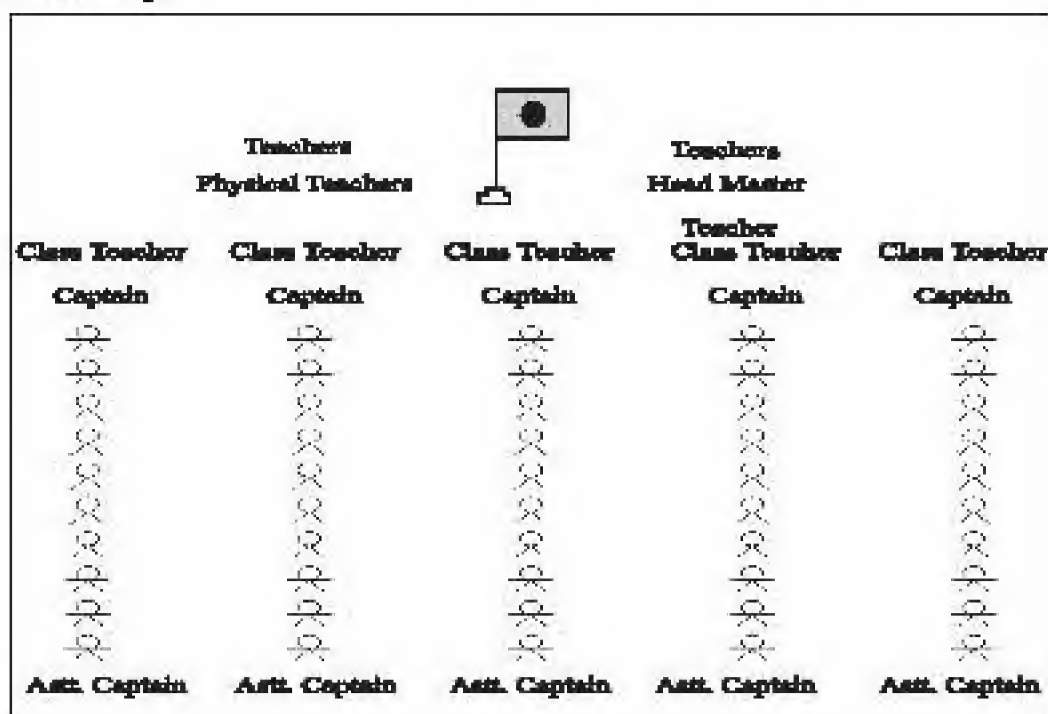
**Various types of exercise**

**By the end of this chapter, we will be able to-**

- explain the necessity of daily assembly.
- be encouraged with the sense of discipline, obedience and patriotism.
- explain the usefulness of exercise.
- describe the methods and techniques of the exercises of hand and shoulder.
- be accustomed with a disciplined life.
- take exercise of hands and shoulder properly.

## Lesson 1 – The Daily Assembly and its necessity

Before the start of the class, the teachers and the students get assembled in the open space of the school daily. This is called daily assembly. The students will stand in files in a disciplined way. The students will stand in front of their respective class file. If the girls are many in number, they will attend the assembly in a separate file. The Headmaster and the Physical Education Teacher will stand on the right and left side of the national flag respectively. Other teachers will make a single line just behind the Headmaster. The students who are short in height will stand in front of the file. While taking oath, the students will maintain enough distance from each other so that one's tips of the fingers do not touch the other's back. The number of files should be arranged according to the number of students. Physical education teacher will conduct the assembly.



### Daily Assembly

The sequential activities of the assembly:

1. **Hoisting and saluting of the national flag**– The Headmaster of the school will hoist the national flag. At that time the teachers and the students will stand in attention position. With the command 'salute the national flag', the students will show respect to the flag raising the right hand.

2. **Recitation from the holy Quran** – Now the students will come to “stand at ease” position. A student will read out a small portion from the holy Quran.
  3. **Taking an oath** – The student will remain in ‘attention’ position raising the right hand up to shoulder level. The fingers will remain closed together and open. One student will take ‘oath’ and others will follow him/her.
- Oath:** "I am hereby taking the oath to this effect that, I will always keep myself engaged in the service of mankind. I will be loyal to my country. I will remain ever alert to maintain the solidarity and unity of the country. I will not do any wrong and corruption. I will not support the evil and the corruption. O’ Lord! Give me strength so that I can serve Bangladesh and build her into a strong and ideal state."-Ameen.
4. **National anthem** - The teachers and the students will in a body, sing the national anthem.
  5. Speech by the head of the institution ('if necessary').
  6. Physical exercise for five minutes (Marching song, if necessary).
  7. Concluding song of assembly.

National anthem	Translation
আমার সোনার বাংলা, আমি তোমায় ভালোবাসি।	Amar sonar Bangla, Ami tomay bhalobashi.
চিরদিন তোমার আকাশ, তোমার বাতাস, আমার প্রাণে বাজায় বাঁশি।	Chirodin tomar akash, tomar batash, amar prane bajae bashi.
ও মা, ফাগুনে তোর আমের বনে দ্রাণে পাগল করে।	O maa, phagune tor amer bone ghrane pagol kore,
মরি হায়, হায় রে-	Mori hay, hay re-
ও মা, অদ্রাণে তোর ভরা ক্ষেতে আমি কী দেখেছি মধুর হাসি ॥	O maa, oghrane tor bhora khete ami ki dekhechhi modhur hashi
কী শোভা, কী ছায়া গো, কী স্নেহ, কী মায়া গো-	Ki shoha, ki chhaya go, ki sneho, ki maya go-
কী আঁচল বিছায়েছ বটের মূলে, নদীর কূলে কূলে।	ki achol bichhayechho boter mule, nodir kule kule.
মা, তোর মুখের বাণী আমার কানে লাগে সুখার মতো,	Maa tor mukher bani amar kane lage sudhar mooto,
মরি হায়, হায় রে-	mori hay, hay re-
মা, তোর বদনখানি মলিন হলে, ও মা, আমি নয়ন জলে ভাসি ॥	Maa tor bodonkhani molin hole, omaa, ami noyon joley vashi
আমার সোনার বাংলা, আমি তোমায় ভালোবাসি ॥	Amar sonar bangla, ami tomay bhalobashi.

The daily assembly will be ended after the singing of the national anthem. When the assembly is over, the students will return in files to their classrooms in a disciplined way. With the observance of the daily assembly, students will



get habituated to do any work following the rules and regulations and discipline. They will also be inspired to show obedience to the leader, learn patriotism and nationalism from their leader.

**Work–1:** Show how the students will attend the assembly and take position in the field.

**Work–2:** Demonstrate in your practical class the position of hands and legs while taking oath and how the hands will be held at the time of recitation from the holy book.

**Work–3:** Show the procedure of hoisting and saluting national flag in a demonstration class. Practice the different activities of the daily assembly in small groups.

**New Words :**

**Que:** Standing one by one is called a que.

**File :** Standing one after another is called a file.

## Lesson – 2: Importance of Exercise

In order to attain physical and mental fitness and to derive joy and happiness, the movement of the body organs in a systematic way is necessary. This movement is called exercise. Sports are also a part of exercise. Through the participation in games and sports we get physical exercise and mental recreation. Different kinds of recreational games also cause bodily movements i.e. physical exercise. The physical exercise develops not only body organs but also helps getting joy and happiness of mind and achieving social values.

**Benefits that can be gained through physical exercise are as follows:**

- 1. Development of limbs:** Physical exercise makes harmonious growth and development of body structure. Along with this physical development it refreshes our mind. As a result, the strength and endurance of the body increase. It expedites blood circulation, increases digestive capability and enhances the power of immunity. it empowers heart and increases its activities.
- 2. Removes monotony during study:** Study in the classroom for a long time makes students tired and monotonous. Games and sports remove the monotony, and fatigue of the students and bring freshness in them. This diversion makes them attentive to study.

- 3. Balanced development of nerves and muscles:** During childhood the body organs grow very quickly. Mental growth does not occur proportionately with that of physical development. Systematic body movement is necessary to make synthesis in a person. It is necessary to do the exercises of all the limbs and organs of the body one after another. For example, exercise of the hands will make the hands strong. Similarly, exercise of the legs will develop the leg muscles and will make it powerful. That is why an integrated programme of exercise should be taken for a balanced development of body.
- 4. Leading disciplined life :** Sense of discipline and leadership qualities, are practised among students by taking physical exercise regularly. As a result students may maintain discipline in daily life.
- 5. Acquiring social values:** The students need to follow the command of the teacher or the captain when they participate in games and sports and group exercises in a disciplined way. If any one does not win a game, he must control his temper and emotion. The social values like obeying commands, maintaining discipline and controlling temperament and emotion, and cooperation are achieved through exercise.

It is to be noted that the items of exercises are to be selected depending on the performers' strength and ability. The exercise will be different for boys and girls and it will be moderate in volume. If the exercise is hard, it will harm the health. As a result, both body and mind will become weak. Exercise must not be performed when stomach remains full. Physical exercise should be done at least two hours after meal.

**Work –1:** Write the benefits of exercise in the note book.

**Work–2:** Explain the social values which can be learned through the performance of exercise.

**Work – 3:** Present the demerits of over exercise in group work.

### **Lesson –3: Procedures of Exercise**

It is not expected that a total development of the body will be made possible only through exercise. It will be possible when the activities of the exercises will be done in a systematic way.

Subject of exercise should be fixed in conformity with the objectives of exercise. Before selecting the items of exercise, performer's age, height and

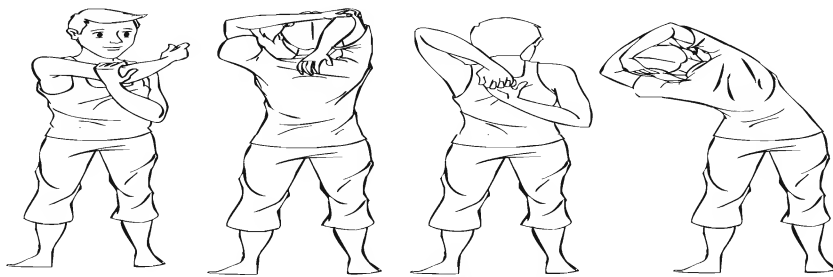
physical capabilities should be considered. The items of exercise should be different for boys and girls. Exercises should be performed in an open field or in a play ground.

### **Warm up:**

Before doing any particular exercise, body should be warmed up properly. In the terminology of games and sports, the act of preparing the body through particular exercises is called '*warm up*'. Warm up increases blood circulation in the body. The limbs and organs become active and it lessens the possibilities of injury.

### **Procedures of warm up:**

1. The first stage of warm up is called stretching. Stretching relaxes the joints of the bones so that muscles or tissues of the joint are not torn out.



**Stretching**

2. After the end of stretching, one should start running slowly. In this way running will be continued for five minutes.
3. At the end of jogging speed of running should be increased gradually.

### **There are two types of exercise**

I ) General/ Ordinary    ii) Specific

- i) General exercise : Any exercise that warms up human body is called general exercise.
  - ii) Specific exercise : An exercise that has a particular aim to develop a particular limb of body or develop a particular area of physical exercise is called specific exercise.
- a) For any type of rhythmic exercise –it requires selection of at least 10 to 12 PT out of which one or two can be practised everyday.
  - b) If exercise is required for increasing the strength of hands, the exercises of chin

up, push up, throwing medicine ball, etc. should be selected for practice. In this way, for the improvement of a specific organ of the body, right type of exercise should be selected. This will help attaining the desired result.

- c) If exercise is selected for any specific event of sports then necessary techniques of that event of sports should be learnt through practice. For example – Cricket. The game of cricket has three principal departments, namely- i) batting ii) bowling iii) fielding. So exercise should be selected on the basis of the techniques of that specific department of the game.

If exercises are selected in accordance with art the above mentioned method, a student will be successful to reach the target. On the other hand overexercise incurs tiredness and weakens of the body. So, overexercise should be avoided.

**Work – 1:** What is the basis of selecting an exercise? which exercises are appropriate for the boys and girls?

**Work – 2:** What is the meaning of the term warm-up? What happens if warm-up is not done before the start of the game?

**Work– 3:** Practice the exercises of stretching and warm up.

#### **New words:**

1. **Stretching:** act of expansion of muscle tissues.
2. **Warm up:** act of preparing the body for a game or a performance.
3. **Tissue:** a group of cells that act together.
4. **Chin up:** lifting up the front part of the lower jaw.
5. **Push up:** lying flat and facing the floor, one is to raise his shoulders by pressing his hands.
6. **Medicine ball:** a heavy ball covered with thick leather.
7. **Speed:** swift movement of the body forward.
8. **Jogging:** running slowly and steadily for a set time.

### **Lesson –4: Combined drill and Bratachari Nritya**

When all the students practise a set of physical activities in group, it is called combined drill or exercise. Combined drill can be done class or group wise. The physical training (PT) done after the daily assembly, falls under this category of exercise. The students will stand in files according to their number.

If the number is 30, they will stand in six files. Each file will consist of 5 students. If the number of students is less than 30, the files will be arranged accordingly. Small number of students can make a line. The position of combined drill is shown below –



**Combined drill**

**The methods of performing combined drill:** At the beginning, the students will stand in files. With the signal from the physical education teacher or file leader, they will start the exercise. The start and finish of eight number of exercises are stated below:

1. With the starting command – ‘Ready for PT number one’; the students will stand in ‘attention position’. When the Physical education teacher will say – ‘Begin the PT number, One,’ the students will start counting from 1 to 16 and along with every counting, they will perform the exercise with their hands and feet. When they reach the counting of 16, they will stop and go back to former position of ‘stand-at-ease’.
2. With the command – ‘Ready for PT number two’. The students will stand at ‘attention position’. Teacher will say ‘start the PT number two’ and the students will start counting the numbers from 1 to 16 and perform the PT together.
3. In this following order, they will continue the PT as per direction of the teacher. For example –
  - i) Putting the hands on the hip, the students will start jumping upward with the knees raised. With each of the jumps, they will count the numbers continuously and reaching the number 16 they will stop.
  - ii) With the count ‘one’, they will stand with legs apart and clap with the hands up over the head. With the count ‘two’, hands will come down on two sides of the body. In this way counting up to 16 will be completed and the PT will be done .

iii) Standing feet apart, two hands will be extended at both sides. When the teacher counts the number 'One' loudly, the hands will be extended at both sides and with the count 'Two' the hands will come down at two sides making a uniform sound. Thus the counting and exercise will continue up to the count of 16.

iv) Putting hands on the hip, they will jump with legs apart and will come together with another jump. Counting the numbers as before they will continue to perform the PT.

v) Putting hands on the hip, students will rhythmically raise left and right feet alternately.

vi) Students will stand keeping equal weights on both legs and clap hands overhead once and then clap again next under the left knee. In this way clapping will be done under the right and left knee alternately.

vii) Putting hands on the hip, students will bend heads from left to right direction. While doing the exercise, the counting of numbers will be continued.

viii) Left hand will take an upward position. With the count 'One', right hand will clap with left hand. After the clap, the left hand will come down. With another count, the left hand and the right hand will come back to the original position. In this way, the exercise will continue with each counting.

**Work – 1:** Students of first file will show PT number 1 in the field. The second file will show PT number 2-5. In this way, all the files will show the different PTs.

### ***Brotochari Dance***

Various types of folk songs along with folk dances prevail in many parts of Bangladesh. It gives a lot of mental recreation. The pioneer of this folk dances with song is *Guru Sadaya Dutt*. He introduced folk dance with the regional folk song with a view to raising the spirit of nationalism and to inspiring the youths for nationalism. His innovated folk dance is known as *Brotochari Nritya*. It helps to develop body and mind as well as provides a lot of entertainment.

Brotochari Nritya has several kinds. They are –

1. Kathi Nritya 2. Jhumur Nritya 3. Lory Nritya

**Kathi Nritya:** Equipment: 2 feet long two colored sticks.

Numbers of Students - At least 50 students, venue-Open space or play ground.

Musical taal of kathi Nritya: Dhatin taang dhatin taang.

Instructions: Each student will stand with a stick in two hands in a file. Sufficient space should be kept between two files to strike the sticks freely. 'Khathi Nritya' should be done with rhythm of drum or folk-song.

Firstly, sticks of both hand will strike below the knee. Then keeping the sticks at the chest level and finally strike the sticks keeping above the head. They will go forward and backward with followed by signals. while striking the sticks foot steps also be rhythmic at the same time.

Secondly, students will hit the partner's right hand stick with his left hand sticks and will hit the partner's left hand sticks with right hand stick in the file.

Thirdly, students will form a circle while they are performing kathi Nritya. Then, they will sit and hit the sticks above the heads of the left and the right partners.

Fourthly, in the file or circle, they will lie on their back. Then, they will beat their sticks on the ground, above the ground and finally strike their partner's sticks. Then they will stand and go back to their previous position by rhythm of drum. Striking the sticks should be rhythmic. As a result the sound will be rhythmic and the show will be perfect.

In this way kathi nritya can be performed in different ways.

#### **New word:**

1. PT (Physical Training): physical exercise.
2. Count: to say or name numbers in order.
3. Position: place where somebody or something is set.

### **Lesson – 5: Physical Exercese without equipment**

Many of us think that physical exercise is difficult without equipments. But we are wrong in our conception. Even we may perform exercises without equipments and this type of exercises help develop the organs of the body harmoniously . Exercise without equipments is called Free hand exercises.

**Some of the Free hand exercises are stated below –**

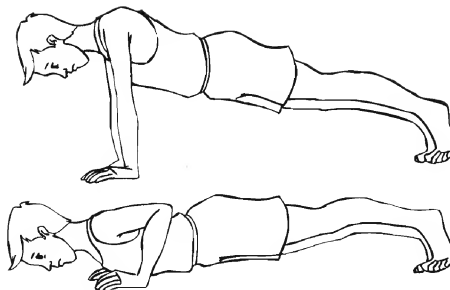
- 1) Push up, 2) Sit up, 3) Spot Jump, 4) Exercise for flexibility, 5) Half seated elbow,
- 6) Running, 7) Jumping

The description of the above exercises are given below –

**1. Push up:** This exercise is practised to increase the strength of the hands. Push up is an exercise in which a person lays himself facing the floor and keeping his back straight parallel to the ground. Then he raises the shoulders and trunk by pressing down the floor with his hands. This exercise is repeated several times.

### Techniques of Push up:

- Facing the floor, keep your body straight and press down with two palms of the hands.
- Make a straight line of the body from shoulder to ankle.
- Put weight on to your toes and your heels will be raised.
- Knees are to be kept together and straight. With the command of 'one' or 'up' the body will go up and with the command of 'two' or 'down', the body will go down. But the body will not touch the ground. In this way, the learners will practise the exercise as per their physical ability.



Push up

**Work – 1:** Demonstrate how hands are to place on the floor during push up exercise.

**Work – 2:** Show the positions of the knees, toes and heels during the exercise of push up.

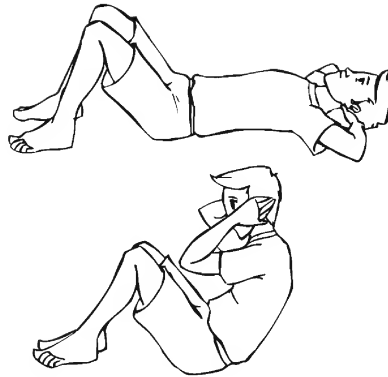
**Work– 3:** Show this exercise in groups.

**2. Sit Up:** Sit up exercise is very useful to get strong abdominal muscles and to reduce fat. Lying down on the floor or on the mat and keeping the legs straight, this exercise can be done by pulling the upper portion of the body up and down. The techniques of sit up exercise are given below –

- On your back lie down on the mat and put your hands under your head by bending it at elbow.
- Body will remain straight and the legs are to be joined together on the ground with the knees bent.
- Try to lift the upper portion of the body and touch it with your bent knees.

With the signal from the teacher, the hands will be raised up and the body will be bent forward. On the next signal, the head will go down. The exercise should be practised in this way. If someone fails to do so, he/she may seek help from other who will hold the feet firmly to give support. Good performers can do the exercise even bending their knees. Care should be taken that the body and dress do not get spoiled with dirt.





Sit up

**Work – 1:** Demonstrate sit up exercise.

**Work – 2:** What is to be done to avoid Ground during exercise ? Exercise in group.

**3. Spot jump:** Jumping forward from a spot is called spot jump. Spot jump enhances strength and accelerates speed of the body. The systems of taking spot jump are given below–

- a) A line is to be drawn near the jump pit. The marking line can not be crossed at the time of jump.
- b) A student will stand behind the line and will jump forward taking pressure on both legs.
- c) He/she will land on both feet.

Students will fall in a line. With the signal from the teacher, they will come to the pit and jump from behind the line one by one. There will be sand on the landing place. If the sand is dry then a little water can be showered to make the sand wet. ‘Take off’ means to jump forward by putting equal weight on the feet. The jumping place is called the landing pit.

**Work – 1:** Show how many legs are used for a take off.

**Work – 2:** Demonstrate the landing technique.

**Work – 3:** Explain the procedure of spot jump.

**4. Body bending forward:** This exercise increases the flexibility of the body. A student will keep his knees straight and he will attach his two stretching hands near the ears. Then he will bend his body forward in order to leaning his hands downward. The procedures of this exercise are given below—



- a) Students will stand on an 18"-20" high wooden box or stairs of the same height.
- b) Knees to be set straight and the two hands will remain attached with the ears.
- c) The body will be bent forward slowly.

The exercise will start with a signal. Knees must not to be bent. Hands will remain attached with the ears. Gradually the body will bend forward. The wooden box or stairs should be marked with a line after every one".

**Work – 1:** Where should one stand for body bending forward? What will be the position of hands and knees ? describe.

**Work – 2:** Why the wooden box and the stairs are marked by an inch one after another? Which part of the body gets developed with this exercise? explain.

**5. Half seated elbow balance:** Being half-seated on the ground, place two hands on it. The two elbows are to be folded and inserted between the two thighs. Then the body weight is to be balanced by the two hands placed on the ground. This exercise helps enhancing the body balance and makes the hands strong. The procedures of this exercise are –

- a) Being half seated, two hands are to be placed on the ground.
- b) The two knees being folded will enter into the two thighs.
- c) The body weight will be on the two hands placed on the ground and then it will be lifted up with the help of the folded elbows.

**Work – 1:** Explain how half seated elbow balance exercise is helpful to you? Sit down and show where hands are to keep. How can you perform this exercise with the bent knees?

**6. Running:** Running is a good exercise to keep body fit. Before starting any exercise, the body should be warmed up through running. Sometimes students

run slowly or speedily as per teacher's direction. Teacher will make the students stand in a line and will ask them to take a run to a particular distance. For example – he will say, 'come back by touching that tree'; 'reach that wall or run circling the goal post', etc. Besides, a run can be taken by changing the directions, viz - showing the direction of the hand, the teacher will instruct students to take a turn to right, left, forward and backward. Practices of running will be taken in this way. Care should be taken that the runs should be performed within the physical abilities of the students. Fifty yards run will be appropriate for the children of this age.

**Work – 1:** How running is helpful to us? What is called the direction changing exercise? Show how a run can be practised by changing direction.

**7. Jumping:** This jumping is not a competitive one. The jumping is taken to warm up the body. It is called jumping when a student running for a distance, takes a jump and lands in a jumping pit. The teacher will make the students stand in a file. With the signal from the teacher, the students will take a run and jump one by one on the pit. Remember that taking jump from a long distance increases the speed and covers a long distance. In this way everyone will practise jumping. It should be noted that the soil of the jumping pit may not get hard.

**Work – 1:** What happens if someone jumps coming from a long distance? Will one or two legs land in the pit at the same time while taking the jump? Demonstrate a jump with proper take off.

**New words:**

- 1. Push up:** To raise the body weight up by stretching the hands and to go down with the help of folded elbows.
- 2. Sit up:** To lie down on the floor or on the mat, keeping the legs straight, the sit up exercise can be done by pulling the upper portion of the body up and down.
- 3. Body bending forward:** Bending body towards the front.
- 4. Mat:** To take exercise on a mat which is made of soft materials and it does not cause any harm to the body. The mat may be made of soft foam or dry coconut's fiber with suitable covering.
- 5. Jump pit:** A place to jump.
- 6. Take off:** To take a jump from a place at which the feet will leave the ground while jumping.
- 7. Landing:** The act of jumping in the pit on both feet.
- 8. Elbow:** Joint of arm and forearm.

## Exercise

### Multiple Choice Questions:

**Put tick (P) mark on the right answer**

1. What is the movement of different organs called?
  - a) Speed
  - b) Physical exercise
  - c) Warm up
  - d) Bringing tiredness of the body
2. Which one of the following is the rule of body bending forward?
  - a) Standing on the wooden box with height of 18" to 20"
  - b) Keeping two hands and two legs sitting in half position
  - c) Jumping by keeping the weight on the feet
  - d) Drawing a line near jump pit
3. What is the sequence of daily assembly?
  - a) Hoisting flag → Salute → Reading the oath → National Anthem.
  - b) Hoisting flag → National Anthem → Reading the oath.
  - c) National Anthem → Reading the oath → Reciting from the holy books → Salute.
  - d) Hoisting flag → Reciting from the holy books → Reading the oath → National Anthem.
4. How is the number of file fixed up in daily assembly?
  - a) Number of students
  - b) Height of students
  - c) Variation of boys and girls
  - d) Open space

**Read the stem and answer to the question 5 and 6.**

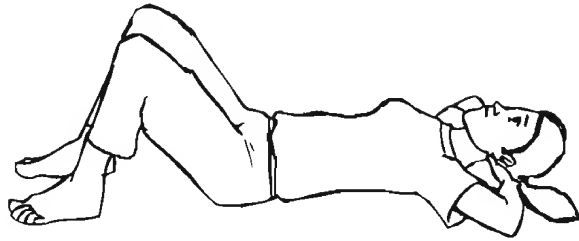
Sami is 12 years old. he seeks for advice from the physical teacher, regarding his fattyness, considering his physical characteristics. The teacher advises him to take necessary exercise.

5. Which exercise does the teacher give Sami to take?
  - a) Push up
  - b) Sit up
  - c) Chin up
  - d) Warm up
6. What subjects does the teacher consider to select the exercise for sami-
  - i) Height and physical ability
  - ii) Weight and interest in sports
  - iii) Age and height

Which one is correct?

- a) i & ii
- b) i & iii
- c) ii & iii
- d) i, ii & iii

Look at the picture below and answer to the question 7 and 8.



Picture: Rima is taking exercise lying on her back.

7. Which one of the following exercise is Rima taking?

- a) Push up
- b) Sit up
- c) Spot jump
- d) Half seated elbow.

8. What is the feature of the exercise Rima taking?

- a) Keep the body straight and two legs together
- b) Knees will stay straight and together
- c) Two hands will remain on the ground by half sitting
- d) Two hands on the head and near the ears.

## Chapter Two

### Scouting and Girl Guiding

Scouting and Girl Guiding are termed as a youth movement for social welfare all over the world. The activities of scouting and girl guiding are implemented by the youths in almost all the countries of the world. Scouting and girl guiding movement started for supporting and grooming the young people in order to make them good citizens of a country. It helps to achieve good health, moral character and humane qualities. So, it is necessary to implement the scouting and girl guiding programmes earnestly and successfully for the welfare of the society and the nation as a whole.



Scout



Girl Guide

**By the end of this chapter, we will be able to –**

- explain the necessity of scouting and girl guiding.
- explain the principles of scouting and girl guiding.
- be inspired to become good citizen and ideal human being.
- explain the concept of primary medical care/first aid.

## **Lesson 1 – Concept and necessity of scouting and girl guiding**

Scouting and girl guiding are a non-political service oriented movement. This movement is known to all over the world. The activities are related to the boys and girls in educational institutions and they are called by scouts and girl guide respectively. Robert Stephenson Smith Lord Baden Powell is the founder of scouting and girl guiding movement. He was an English soldier by profession. He was born on 22 February, 1857 in England. The effective role of scouting and girl guiding for building moral character of the boys and girls encouraged many countries of the world to adopt this programme. Baden Powell assigned the responsibility of girl guiding movement to his sister Agnes Baden Powell and his wife Olive Baden Powell. They successfully introduced and spread the movement all over the world. Scouting and girl guiding movement started in Bangladesh in 1972 after independence. The successful implementation of this programme helps develop the moral and ethical values among the boys and girls of our country. It also helps them grow up as good citizens of the country.

### **Slogans of scouting and girl guiding:**

The slogan based on the basic principles of scouting and girl guiding is "To do any good to anybody everyday". Such as -

1. To pick up brickbats, stones, thorns and banana skin from the road.
2. To help picking up articles of any person fallen in the road.
3. To assist the blinds or the children to cross the road.
4. To repair the small holes of the road for safe walking.
5. To take the injured persons to the near-by hospital for emergency treatment.
6. To work in flood relief programmes, etc.

**Work – 1:** Why are scouting and girl guiding programmes essential ? Explain.

**Work– 2:** Make a list of the social services and present those in a poster.

## **Lesson – 2: The motto and promise of scouting and girl guiding:**

In order to receive a membership badge of scouts and girl guides, one has to know the scouting and girl guiding principles and promises. The basic principles, i.e. motto, signs and salutes are the common objects of scouting and girl guiding.

**Basic principles:** Scout movement is established on three basic principles, viz:

1. To do duty to the Creator.
2. To do duty to others.
3. To do duty to self.

**As a scout everyone has to promise during oath taking. The promise of the scout :**

- i) To discharge duty towards Creator and Country.
- ii) To discharge duty towards mankind everyday
- iii) To follow the rules of scout strictly

**The rules of scout :** Scout laws lay the foundation of the boys and girls to become the responsible citizens of the country. There is detailed policy and principles of scouting laws and every scout has to follow these principles. Every scout law has its significance separately. For example -

1. A scout is faithful to his self-respect. A scout never breaks his honour.
2. A scout is a friend to all without any discrimination of caste, creed, colour and religion.
3. A scout is courteous and obedient. A scout always helps other in joy and sorrow, well and woe and shows modesty.
4. A scout is kind to animals. A scout will try his best to mitigate the pains and afflictions of the animals.
5. A scout is cheerful at all times. A scout does every work with a smiling face.
6. A scout is thrifty. A scout never squanders money. He makes the habit of leading a thrift life.
7. A scout is clean in thought, word and deed. A scout never does anything that causes harm to others.

**Oath of Girl Guide:** Every scout and girl guide takes oath when they are introduced to scouting.

The **Oath** is: 'On my honour I promise that 1) I will do my best to do my duty to Allah and my country 2) to help people at all times and 3) to obey the guide laws.'

[The word "Allah" can be interpreted in a number of ways, depending on one's religious beliefs]

**The rules for girl guiding:** There are 10 rules for girl guiding. These are -

1. A guide's honour is to be trusted.
2. A guide is loyal.



3. A guide's duty is to be active and to make others active.
4. A guide is a friend to all and a sister to all guides.
5. A guide is courteous.
6. A guide is friend to animals.
7. A guide fights against the adverse situation with smiles in face.
8. A guide obeys orders.
9. A guide is thrifty.
10. A guide is clean in thought, word and deed.

**The motto of the scouts and girl guiding:** The motto of the scouting and girl guiding is "Be prepared". Every scout and girl guide always remains ready to serve others and to do good to others. "Be prepared," means they are ever ready to help others.

**Sign of scouting and girl guiding:** Scout sign is done by the three middle fingers of the right hand. These fingers will remain fixed to each other open and erected. Thumb finger will cover the nail of the little finger. The palm of the hand will look to the front. The hand will form an angle from the shoulder. The palm and eye will remain in horizontal position. This position is called sign.

**Use of Sign:**

- a) Sign is shown at the time of oath taking.
- b) Scouts in civil dress use sign to introduce each other. Scouts sign will indicate that they are either scouts or girl guides.

**Significance of Sign:** Sign has a special significance. The wrist of the right hand along with the forearm is called 'Golden tie'. Three middle fingers indicate three promises. A circle is made with tying the thumb and little finger and this circle thus made indicates the tie of brotherhood.

**Salute:** Scouts and girl guides salute with three fingers. The little finger of the right hand will be folded and will be placed on the palm with the help of the thumb finger and the rest three fingers will remain joined together. The straightened index finger with its tip will touch the eyebrow of the right eye. The palm of the right hand will be directed towards the front and the saluting hand will make a 90° angle with the body. This is the procedure of saluting by the scouts and girl guides.



**Scouts Sign**

**Handshake:** Earlier the scouts and girl guides of Bangladesh used to shake hands with the left hand. Later, handshake with right hand has been introduced keeping in line with the tradition of our country. It is a social custom that the scouts and girl guides of Bangladesh to shake hands with the right hand. In many parts of the world, scouts still shake hands with their left hands.



**Handshake**

**Work – 1:** Write the basic principles of scouting and girl guiding.

**Work – 2:** Show the principles or motto, sign and salute of scouting and girl guiding. The students will also show how to shake hands.

**Work – 3:** Explain the oath taking of scout and girls guiding ( H.W)

### **Lesson – 3: The programmes and uniform of scouting and girl guiding:**

Girl guides have eight-point programmes. Girl guides observe the programmes to develop the potentials of each girl in full and try to build themselves in accordance with the present day situation. They also enjoy to participate in there programmes actively .

#### **Eight-point programmes:**

1. Building character.
2. Knowing oneself.
3. Achieving creativity.
4. Having knowledge of each other.
5. Preparing to help others.
6. Acquiring skill in household works.
7. Deriving joy and happiness from outside world.
8. Attaining physical fitness.

The girl guides build themselves as competent citizens of the country through the above activities. These activities inspire them to be good mothers, good citizens to devote to God and to work for the welfare of the people. Guides

develop mental qualities and improve the excellence of thoughts. Guides observe various kinds of programmes. These programmes are implemented to develop good health, to provide service for others and to achieve skills in handicraft. In order to implement these activities, guides get theoretical and practical knowledge. Camping and hiking help girl guides achieving sound character. They can adjust themselves to any situation. Girl guides render social service during and after natural disasters, viz – flood and cyclone. Girl guides also get training on handicraft, knitting, growing vegetables or gardening, hospitality, cooking, etc. Besides, girl guide programmes also include training on hygiene, first aid, games and sports, exercise, etc.

Girl guide programmes are prepared with a view to making a good daughter, an ideal housewife and a worthy citizen. Girl Guides Association of Bangladesh implement the guide programmes through different training centers and administrative branches situated in different parts of the country.

**Uniform:** Cub Scouts, Scouts, Rover Scouts, Unit Leaders, Yellow Birds, Guides, Rangers and other certificate holder members use to wear a specific uniform. We can identify a scout by the uniform he wears and uses. Scout uniform should be of specific measurement and design. Every scout has to wear the uniform with badge and decoration approved by Bangladesh Scouts Association.

### **Scout Uniform for boys :**

1. **Cap:** Navy blue in colour.
2. **Shirt:** Ash coloured shirt with half/full sleeve having two pockets. These pockets will have no covering.
3. **Pant:** Deep navy blue coloured straight cut, full pant having the lower border of 40-45 centimeter width.
4. **Belt:** Leather belt (black) or cloth belt (navy blue) with the sticker of Bangladesh Scout on it.
5. **Shoe:** Black in colour.
6. **Socks:** Socks matching with the pant.
7. **Scarf:** Scarf approved by the Thana Scout Association for one's own unit.
8. **Group Identity:** White colour writing (screen print/embroidered) against an oval shaped green background.

9. **Rope:** Rope measuring of 1 -centimeter width and 2.75-meter length is made with thread/hemp/jute and hang down from the waist belt loop.
10. **Nameplate:** Deep blue coloured registration number along with the name embroidered against the background of light coloured cloth. The nameplate will be put on the covering of the right breast pocket.
11. **The replica of National Flag:** National flag replica is to wear above the nameplate.

### Scout Uniform for girls :

1. **Cap:** Navy blue coloured cap.
2. **Kamiz:** Ash coloured long kamiz having the 2" length beneath the knees and a deep navy blue cloth scarf.
3. **Pyjama:** Deep navy blue coloured shalwar/pyjama.
4. **Belt:** Leather belt (black) or cloth belt (navy blue) with the sticker of Bangladesh Scout.
5. **Shoe:** Black coloured shoe.
6. **Socks:** Socks match with pyjama.
7. **Scarf:** Scarf approved by Thana Scout Association for one's own unit.
8. **Group Identity:** White coloured writing (screen print/embroidered) about the group with number against an oval shaped green background. This identity badge will be stitched at both hands of the kamiz. This will clearly identify the region of the girl guides.
9. **Rope:** Rope measuring 1-centimeter in width and 2.75-meter in length is made with thread/hemp/. It hangs down from the waist belt loop.
10. **Nameplate:** Guides own nameplate made with cloth will be stitched at the right shoulder 12 cm. below. The nameplate will bear the registration number with deep blue colour against the background of light blue colour.
11. **The replica of National Flag:** The replica of National flag is to wear above the nameplate.

**Uniform of girl guide :** 1) Kamiz : It will be white colored and long (having 2" in length beneath the knees), full sleeve having two pockets with cover over the collar, 2) Belt : white 3) Pyjama : white shalwar 4) Orna : Bottle green 5) Tie : Bottle green 6) Shoe : White or Black 7) Socks: White 8) Hair ribbon: Black

**Care of uniform:**

1. Proper care should be taken about the uniform. It must not be left here and there.
2. Uniform is to be preserved in a folded condition.
3. Uniform should always be kept neat and clean. The uniform where needs mending should be done as early as possible. The buttons of the uniform are to be fixed up rightly.
4. Shoes are to be cleaned and brushed as and when it is necessary.

**Use of uniform:**

**Scarf:** Scout scarf is an integral part of scout uniform. It is an equilateral triangle, made of cloth. The sides are usually of 75 centimeters in length. Scarf forms and designs may differ from one 'unit to another'. Scarf can only be used with the scout uniform.

**Usefulness of scarf:**

1. Scarf can be used as a bandage in first aid.
2. Scarf works as a covering in the sun/rain.
3. Scarf can be used as a signal in time of danger. A few scarfs tied together can be used as a rope.

**Directions to use:** A scarf is to hang over the two sides of the shoulder and it will go round the neck. It is to wear upon the collar of the shirt by fixing up the top button but not as a tie.

**Work – 1:** Explain the programmes and uniform of scouting and girl guiding.

**Work– 2:** Present the usefulness of scarf in poster paper.

**New Words:**

**Camping :** Styng together in a group at a place intent (Tent) to complete a program is called camping.

**Hiking :** Hiking means purposeful travelling, when the scouts and girl guide proceed on foot to a goal by following the quidelines, it is called hiking .

**Lesson – 4: Six primary knots of rope:**

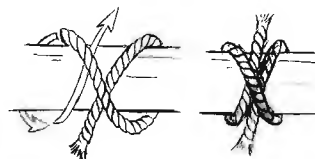
Each badge member needs to learn about six knots. Ropes can be made out of jute, hempen, coir, nylon, steel, iron, copper, etc. Usually jute and hempen made ropes are used. Six knots are described below:

**1. Reef Knot:** A reef knot is formed by tying two thick ropes of the same length. The two ends of the rope will be held by the right and left hands and to be twined once. Then some portion of the right hand will be placed on the left hand portion and the right hand portion will go through the loop already made earlier. Thus the said two ends will be tightened slowly. The reef knot is now made. Reef knot is tightened by pulling the ends of the rope. This is the procedure of making a reef knot. It is used to tie the two ends of a single line together in such a way that they will secure something, for example - a bundle of objects or tying up a bandage that is unlikely to be loosened.



**Reef knot**

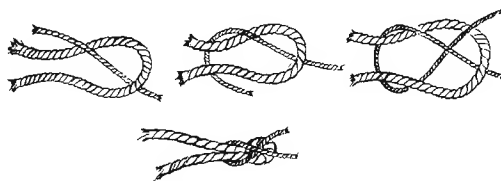
**2. Clove Hitch:** A clove hitch is a type of knot which is effectively used as a crossing knot. To tie a clove hitch at the end of a rope, pass around the pole starting at the right, with the end coming around below. As the end comes around, put it under itself to be over the standing end. To start on the left side, the end comes around over the standing end, crossing it by wrapping below and then comes around to go under itself below the standing end. Pull both sides of the loop to tighten. In this way a clove hitch is made. Clove hitch is also used to tie a hook at the end of a thread.



**Clove Hitch**

**Work – 1:** Becoming two groups. The student will demonstrate reef knot and clove hitch in the class.

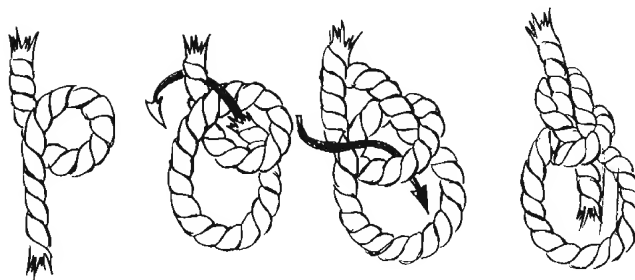
**3. Sheet Bend:** Make a loop at one side of a thick rope and hold it in your left hand. Now pass a thin rope into the thick rope's loop down to upward direction. Then twist the thin rope with the thick one and bring the free end up to pass through the underside loop. It is to be noticed that the end of the small line remains above the loop. Then slowly tighten the knot by pulling on free end while holding the standing line to make a sheet bend. Sheet bend is most commonly used for forming a fixed loop, large or small at the end of a line,



**Sheet Bend**

rigging up a sail, tying up rope of a flag with the pole.

**4. Bow Line:** Hold one end of the line with the right hand, keep the left hand palm up and place a line on it. Pull enough rope towards you for the desired loop size. Make a small loop with the end of the string in your left hand. Put the end of the string in your right hand through the loop made by your left hand. The end should be coming towards you as it goes through the loop. Take the top loose string in your left hand and all the rest of the string and pull in opposite directions to tighten the hitch. The bow line knot is used to pull up or down in order to rescue someone who falls in a hole or slips down. In the same way this knot is also used to rescue a drowning man.

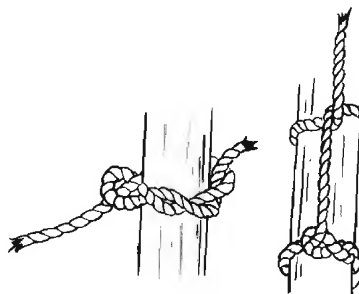


**Bow Line**

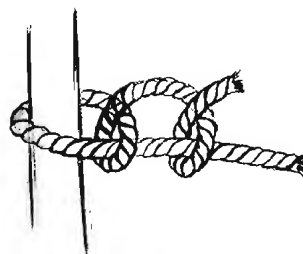
**Work – 1:** Demonstrate how to make sheet bend.

**Work– 2:** Explain when the bow line is used.

**5. Timber Hitch:** Hold the running end of the line in your right hand and attach a single length of rope to a pull or trunk. After giving half hitch or loose knot, it needs at least 5 to 7 twists to form a timber hitch. As the name suggests, this knot is often used by lumbermen and arborists for attaching ropes to pull tree trunks, branches, and logs.



**6. Round Turn and Two Half Hitch:** Make two twists around a pole or a fixed object with the running part of a rope. After giving two twists, hold two ends of the line with two hands. Give two half hitches on the running part of the line. Tent knots are made in this way.



**Round Turn and Two Half Hitch**

**Work – 1 :** Demonstrate the way of round turn and two half knot using 3 meter long rope

## Lesson – 5 : First Aid:

First aid is a part of medical science. Dr. Frederic Edgemark is the inventor of first aid. He was a German surgeon. He thought that if an accident occurs, the patient needs a primary treatment to stop further deterioration. So, first aid is a treatment given to a patient with whatever things ready at hand before taking him to the hospital. First aid is the primary help or medical assistance that someone gives to the patient so that his condition does not take a serious turn. Primary treatment given to an injured person or a patient is called first aid.

**First aider to do:** First aider will do three things. For example –

- 1. Identifying the injury:** The first aider will try to identify the causes of disease or injury. Disease can be identified by observing its syndromes, signs or history.
- 2. Treatment:** Determining the necessity of treatment to stop serious deterioration before the doctor's arrival.
- 3. Shifting:** The patient is to be shifted to a safe place. If it is necessary, the patient should be taken to a doctor or hospital.

### **Instruments of first aid:**

- 1. Dressing:** First aider gives dressing to the injured person to keep the wound germ free.
- 2. Lint:** Lint is a type of cotton cloth used for protecting and covering wounds.
- 3. Pad:** Pad is a thick piece of soft material that is used for absorbing liquid or protecting something.
- 4. Splint:** Splint is a long piece of wood or metal that is tied to a broken arm or leg to keep it still and in the right position.
- 5. Bandage:** Bandage is used to keep lint, pad or splint in proper place. Bandage has two types – a) roller gauze bandage b) triangular bandage.

**Cut:** Hands and legs can get cut by knife, scissors, blade, bill hook, cleaver, etc. First, it needs to identify the place where it is cut or how much it is cut. Then, treatment is to be given as per requirement.



**First Aid:**

1. The first aider will wash his hand with soap. Next he will wipe out the place of cut with wet cotton or cloth.
2. The surrounding area is to be cleaned with detol, savlon or any other antiseptics.
3. For a minor wound, put finger on it and for a fatal wound, hold cotton or gauge on it to stop bleeding.

**Burn:** If any part of the body accidentally burns by fire, hot water, flaming substance or hot liquids then wash the burn area with cold water and apply white portion of egg on it. If any blister forms on the affected place, the blister should not be pinched out. Doctor's advice should be sought immediately.

**Abrasion:** Hit by blunt instruments like hammer, bricks, stones or animal bite may cause abrasion in the body. As a result wounded area may be bruised due to blood clotting.

**First aid:**

1. Pain of the wounded place is to be decreased fast by applying cold water or ice on it.
2. Cold water or ice soaked wet clothes need to place on the injured place.
3. No massage should be done over the wounded area.
4. The first aider will seek doctor's advice if necessary.

**Work – 1:** How is first aid given if it cuts, burns and abrasions? Explain.  
(Home work)

**Work – 2:** Some of the students will act as patients while others will act as first aiders. Act it.

**Work – 3:** Demonstrate the rules of first aid in small groups separately.

## Exercise

### Multiple Choice Questions:

1. Which organization's has the slogan-"To help any one daily"
  - a. Red cressent
  - b. Rover Guide
  - c. Scouting
  - d. Blue Bird.
2. Which knot is used for lifting up or terning down something?
  - a. Timber hitch
  - b. Life-Safety
  - c. Sheet band
  - d. Tent.
3. Which one is the first aid for cut injury?
  - a. Lint, Pathedrin, Blade and Dettol.
  - b. Lint, Pad, Sprint and dettol.
  - c. Scissors, dressing, hammer, knife and pad.
  - d. Pad, Scissors and blade.
4. Why is ice used on the places of injury in first aid?
  - a. for clotting blood
  - b. For stopping bleeding
  - c. For reducing pain
  - d. For preventing boil.

### Read the stem below and answer to the question no. 5

Turja has to remove a big wood log from the road while driving a car on his way back to Dhaka from Savar.

5. Which knot will be used by Turja for the purpose?
  - a. Reef knot
  - b. Timer hitch
  - c. Tent
  - d. Clove hitch.

**Read the stem below and answer to the question no. 6**

Shihab's finger gets struck while he nailloing on the wall.

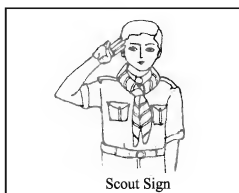
6. Which first aid is appropriate for shihab?

- a. To clean with germicide
- b. To wet the spot under cold water
- c. To clean up hands with soap
- d. To use pad/bandage on the injured place

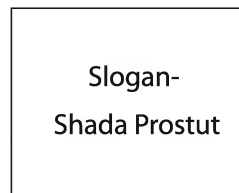
**Read the stem below and answer to the questions number 7 and 8**



Picture-A



Picture-B



Picture-C

7. Which organization does the symble of third figure used in the stem?

- a. Blue bird
- b. Rover
- c. Scout
- d. Girls guide

8. Aprropriate for the steam-

- i. All the signs are of boys organization.
- ii. The picture-1 are for both the girls' and the boys' organization.
- iii. The picture -3 is the main slogan of the organization depicted in the stem.

Which the below is correct?

- a. i & ii
- b. i & iii
- c. ii & iii
- d. i, ii and iii

## Chapter Three

### Introduction of Health Science and Health Service

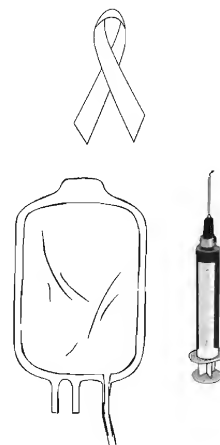
Health Science is the scientific means of living a healthy life. What do we understand by 'health?' Health means physical well-being or disease free condition of the body. In general, the soundness of body only is not the sign of good health, but mental well-being is also a condition for maintaining a good health. It is necessary to maintain cleanliness, to eat balanced and nutritious food and to follow the rules of hygiene. In order to make the body strong and fit, it needs to maintain a healthful living and to keep all the personal belongings, household articles clean and tidy. Health service means – regular health check up, health maintenance with health recovery and health development.



**Consultation-based Health Service**



**Treatment-based Health Service**



**By the end of this chapter, we will be able to –**

- explain the necessity of health service.
- identify the common communicable diseases with their signs and symptoms.
- explain the different carriers of infectious diseases, its causes and results.
- explain the means of preventing various infectious diseases.

## **Lesson – 1: Conception regarding health science and its necessities:**

If we want to obtain the most valuable wealth our health, we have to acquire knowledge of health science. We live in society. So, there must have an impact of our surroundings and social condition on our health. We should know these impacts. Health science includes the following important things – how the unhygienic environment causes harm to our health, how communicable diseases are transmitted from one person to another, how to prevent those diseases, etc. In order to maintain good health, we need hygienic home, balanced diet, proper sewerage and sanitary system and disposal of household waste. The objectives of studying medical science are to learn about health rules and preventive measures of diseases.

We may call it a good health when the body becomes healthy, fit and free from diseases. It will not be enough to have a personal good health for maintaining healthful living. It is very much essential for a person to lead a happy and joyful life in the society. With this aim in view, a person is required to get the habit of maintaining good physical and mental health from childhood.

Only good health can bring happiness to a human being. If the body becomes ill, it makes the mind unwell. With an unhappy mind, it is not possible to concentrate on study or work. Therefore, one should try to keep one self well.

**Some tips are given below for maintaining personal health –**

1. to take regular bath;
2. to get the hair trimmed in time;
3. to pare nails of hands and toes once in a week;
4. to wash hand well after doing any work;
5. to wash hands with soap before taking any food;
6. to drink clean and safe water;
7. to take balanced diet regularly;
8. to avoid the habit of spitting and throwing wastes indiscriminately;
9. to keep urinal and toilet clean;
10. to avoid cutting of nails with the teeth;
11. to wash hands with soap after excretion;
12. to brush teeth everyday.

Besides, it is a good habit to keep body straight while sitting, walking and, sleeping.

### **Health education programmes:**

1. Classroom teaching on health.
2. Having lectures on and discussion about health.
3. Exhibition on health related objects.
4. Visiting health centers and observing its programmes.
5. Collecting and preserving health related photographs, books, charts, etc and its study.
6. Arranging publicity of health related programmes in the media.

<p><b>Work - 1.</b> Fill out the table below with the rules of preserving personal health;</p>
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- |  |
|--|
| <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol> |
|--|

<p><b>Work- 2.</b> Show by acting in the class room about the things everyday you do after getting up in the morning and before going to bed at night.</p>
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## **Lesson – 2 : Communicable diseases:**

To remain healthy, we are to maintain certain habits of cleanliness and to take balanced and nutritional diet. We are to follow the rules of good health. Even after following all these rules, we fall sick. It is to be kept in mind that disease or illness is a part of our life. It is not possible for anyone to remain disease free. But we can avoid or prevent diseases if we have the knowledge of various diseases. This knowledge will protect us from its infection.

Some diseases spread through the infected persons – these are called communicable diseases. Besides the infected persons, some objects also act as carrier to spread these diseases, namely – influenza, whooping cough, diphtheria, dysentery, diarrhoea, hepatitis (jaundice), conjunctivitis, cold and cough, tuberculosis, typhoid, measles, small pox, malaria, AIDS. Sometimes communicable diseases are called contagious diseases.

But all communicable diseases are not contagious, such as – tuberculosis, typhoid, measles, malaria, AIDS, etc. They do not spread by contamination or touch. A healthy person can be infected if he comes in contact with a contagious diseased person, for example – small pox, influenza. Some diseases, which are not transmitted from one person to another like, cancer, paralysis, high blood pressure, diabetes, etc, are not contaminated diseases, Some infections caused through water are called water-borne diseases, for example typhoid, jaundice, dysentery, diarrhoeas, etc. Some diseases enter into body through air, such as – tuberculosis, chicken pox, measles, influenza, etc. These are called air-borne diseases. Many diseases spread into body by insect bite, such as – dengue fever caused by the bite of female addis mosquito and malaria by the female anopheles mosquito.

**Pox:** Pox is of two types – small pox and chicken pox or water pox. Small pox is not seen now a days. It has been eradicated from the world long time before. But chicken pox is still present.

**Chicken pox or water pox:** Chicken pox or water pox is an air borne infectious disease. This disease infects body by saliva, cough, clothes and beddings of the diseased person and also by air.

#### **Remedies:**

1. Should not come in contact with the infected patients.
2. Should take preventive measures from the flies.
3. Patients are to be kept inside mosquito net.
4. Washing the used clothes of the patient with boiled water mixed with antiseptics such as–Savlon, Dattol.
5. Incinerating the sputum, saliva and boils of the patient.
6. Patient should be kept in well lighted and ventilated room.
7. Flies must be driven away by spraying phenyle.
8. Adequate facilities of treatment should be provided.
9. Special precautions should be taken during the service provided to the patients such as – wearing face mask, washing hands and face with soap, changing of cloth after nursing the patient, etc.

**Skin diseases:** If body and clothes are kept unclean, various skin diseases are caused. Often the dirty from outside blocks the pore of the skin and causes skin diseases. If sweat is not washed properly after playing or working, that may even cause skin infections, like - Psora, Ringworm.

**Remedies:**

1. To maintain neatness and cleanliness of the body and clothes.
2. To wash the used clothes daily with soap/soda/alkali mixed boiled water.
3. Not to use the clothes of the infected person.
4. To give proper treatment to the diseased person.

**Work – 1:** Write the names and symptoms of the diseases broke out in your locality, during last six months in the following table:

Name of the Contagious diseases	Symptoms
1.	
2.	
3.	
<b>Work – 2:</b> Write down ten remedies of skin diseases ( Home work. )	

**Lesson – 3: Contagious diseases spreading sources:**

In class V, you have learnt about the signs, symptoms and spreading sources of diarrhoea, dysentery, chicken pox, small pox, fever. Now we shall learn more in detail about the contagious diseases. The symptoms and spreading sources of contagious diseases have been described below –

**Influenza:** Influenza or common cold are caused by virus. This disease enters into a healthy body by the sneezing and coughing of the infected persons. It may also occur by direct contact such as – infected person's kissing or caressing of the children. The common signs and symptoms are – fever, running nose, headache, severe body ache, sore throat and weakness.

**Tuberculosis:** It is a bacteria-borne disease. Anorexia, weakness, rapid weight loss, fever are the common symptoms. In case of pulmonary tuberculosis, chest pain and cough is seen common. Blood-mixed-sputum may also come out. Vaccination is available for the prevention of this tuberculosis.

The bacterium enters into the body by sneezing and coughing of the tubercular infected person. Tubercular infection may also spread by food. Tuberculosis mainly infects lungs. But brain, kidneys, intestine, glands and bones may also be infected by tuberculosis.

**Typhoid:** Typhoid is a water borne disease namely –ache, headache, high fever,



weakness are the common symptoms. Typhus bacteria stay in the stool of the infected person. When water is contaminated by the infectious stool, it spreads with the drinking of the polluted water.

**Measles:** Measles is a viral disease. Usually infants and children are infected by it. High fever, rashes on mouth, throat and other parts of the body along with running nose, red eye are the common symptoms. This infection spreads by sneezing and coughing.

**Malaria:** Malaria is not a contagious disease. Fever with chill and rigor, headache, respiratory distress, weakness, nausea, diarrhoea are the common symptoms. This infection spreads by anophiles mosquito. Malaria occurs due to the bite of the anophiles mosquito. The mosquito bites a malaria infected person and then afterwards a healthy person thereby transmitting the bacterium to him/her.

**AIDS:** AIDS is a viral disease. The name of the virus is HIV – Human Immune Deficiency Virus. If HIV enters into a body, it gradually destroys the immunity of the body or body protection system. As a result, other diseases easily attack that body. This condition is called AIDS (Acquired Immune Deficiency Syndrome). Till now there is no treatment available to cope with the disease. HIV may enter into a healthy body by using same syringe or needles, shaving instruments of the infected person, by breast feeding of the HIV infected mother, by blood or other body fluid transmission and by having unprotected sex.

**Jaundice:** Jaundice is a viral disease. When a person is attacked with jaundice, the white portion of the eye, sole of the foot, palm of the hand and urine turn into yellow colour. Pain in abdomen and fever may occur. Loss of taste of food, vomiting may also occur. If the disease becomes severe patient may die. Hepatitis virus remains present in the patient's urine, sputum, saliva, breast milk, stool, blood, etc. Usually hepatitis virus spreads through food.

**Diphtheria:** Diphtheria is a severe infectious disease of the children. If it is not treated in time, it may cause death. Fever, sore throat, throat swelling may cause obstruction in feeding. Diphtheria spreads by the air polluted with bacteria, by sneezing and coughing of the infected person.

**Poliomyelitis:** Poliomyelitis is a very dangerous disease of the children. Children become paralyzed for the whole life. Fever comes first followed by headache. Child's neck become stiff and fixed and there is severe pain in limbs. Child cannot stand, walk, finally becomes paralyzed. Polio virus enters into body by mouth and nose. Infection spreads by the stool of the infected person.

**Work – 1:** Fill up the table given below by writing the media of contamination against each disease.

Name of the disease	Media of contamination
1. Malaria	
2. Measles	
3. Typhoid	
4. AIDS	

**Work– 2:** Prepare, a list of symptoms of at least three diseases. ( Class work )

## Lesson – 4: Causes and effects of contagious diseases:

The germs (viruses and bacteria) of various diseases are present around us. These germs cause various kinds of diseases. We are constantly coming in contact with these germs, but all of them can not infect us. Because there is a system of the body to protect from infection. If this system is not strong enough to fight with the disease, the body becomes infected and disease triumphs over it.

On the other hand, a strong immune system of the body fights with the germs and kills it. Germs are too small to see with naked eyes. The existence of germs was found in this world millions of years ago. But all the germs are not harmful, rather some are useful for human body.

Contagious diseases may also be called micro bacterial diseases. These diseases are called contagious as they are transmitted from a person or an animal's body to another person. Various diseases have different mode of transmission. Some diseases break out in epidemic form within a very short period of time, viz – cholera, small pox, diarrhoea, conjunctivitis, etc.

**Sources of contagious diseases:** There is a chain of sources of contagious diseases. This chain has three parts, namely –1. Source of disease.

2. Medium of the spread of the disease.

3. Vulnerable person to be infected.

**Causes and effects of the spread of contagious diseases:** Causes of contagious diseases may be classified into –

- i. Direct contact
- ii. Indirect contact

**i. Direct contact:**

**a) Physical contact:** Direct physical or sexual contact with the diseased person infection in an individual e.g.– AIDS, different types of skin and eye diseases.

**b) Droplet infection:** When an infected person sneezes or coughs, a lot of very small water drops spread around him in the form of vapour. These water drops are called droplets. These droplets contain the germs of the diseases. The diseases like diphtheria, whooping cough, tuberculosis spread in this way.

**c) By infected soil:** Some diseases spread when any part of the body come in direct contact with the infected soil like– tetanus, hook worm, etc.

**d) Animal bite:** Diseases also spread by animal bites such as – rabies caused by the bite of mad dog and plague by the rat.

**ii. Indirect contact:**

**a. Media borne:** Media means the diseases caused by the intake of food, water, milk, ice, etc. The diseases spread through these media are- hepatitis A and diarrhoea through food, hepatitis B, syphilis through blood.

**b. Vector borne:** Vector means living insects, such as- flies, mosquito, cockroach, etc. The diseases spread through these insects are called vector borne diseases. For example- mosquito spreads malaria, dengue.

**c. Air borne:** Air borne diseases are- tuberculosis, influenza, chickenpox, pneumonia, etc.

**d. Unclean hand:** Dirty hands and fingers are the common media of spreading diseases. Maximum direct and indirect spreads occur by unclean hands and fingers, such as – typhoid, cholera, dysentery, etc.

**e. Syringe and blades in injection:** Contagious diseases are transmitted through injecting syringe & blades.

**Work – 1:** Make a list of direct and indirect spread of diseases.

**Work – 2:** Write down the sources of contagious diseases in poster paper  
( Home work )

**Work – 3:** Prepare a poster on contagious diseases and hang it on the classroom wall.

## Lesson – 5: Prevention of contagious diseases:

The most important means to prevent the contamination of contagious diseases are to follow the rules of healthful living strictly. It is quite possible to keep the body healthy and strong when the system of immunity against the infection of diseases remains strong. This immunity helps preventing the penetration of germs in the body. If perchance any germ penetrates in the body, it cannot survive fighting against the immuned capability of the body. As a result, the body remains safe from any attack of the germs/viruses. The much talked about proverb in English holds good in this context. The proverb goes like this, “Prevention is better than cure”.

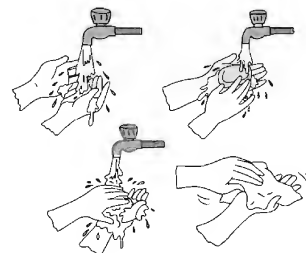
### Essential preventive measures of disease :

**1. Vaccination:** The children and the aged persons should get vaccination against the possible prevalence of the communicable diseases. Vaccination is the most effective method of prevention. If there is any arrangement of getting vaccination for more than once, this is to be done at regular intervals. The pet animals should also be vaccinated at appropriate time. In our country, the preventive vaccination is given against the diseases like – small pox, typhoid, tuberculosis, influenza, haemophilia, polio, diphtheria, whooping cough, measles, tetanus, hepatitis B, chicken pox, cervical cancer etc.

**2. Personal cleanliness:** Personal cleanliness is very important to maintain a good health. It is essential to keep the body free from dirt. The clothing, furniture, kitchen utensils, plate-glasses, living rooms, washrooms, surroundings of the homestead, etc are to be made clean, neat and tidy.

### 3. To get the habit of washing hands:

- To wash hands with soap or ash after using toilet.
- To wash hands before the preparation and serving of the food.
- To wash hands before and after taking the food.
- To wash hands after cleaning any object.
- To wash hands properly after giving service to a diseased person.
- To wash hands after playing with pets, carrying or giving them bath.
- To wash hands every time after entering home from outside.



### 4. Carefulness during the preparation, preservation and serving of food:

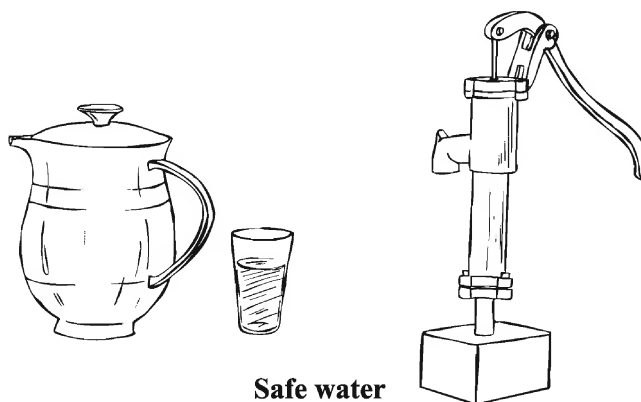
- To wash hands before and after preparing and serving food.
- To maintain the temperature of the food, hot and cold, until food is taken.
- To wash the kitchen space with hot water and soap where fish, meat and vegetables are chopped and utensils are washed.

- To keep the crockeries, plates, glasses and other utensils clean before cooking.
- To clean fresh foods and vegetables with safe water before cooking.
- To boil cereals, lentils, fish, meat and eggs properly for consumption.
- To preserve surplus foods properly after meal.
- To keep the foods under cover.

**5. Awareness regarding the wild and domestic animals:** If any animal bites, the wound should be washed with soap and water and doctor should be consulted immediately. Hands must be cleaned specially after working in a poultry farm or handling the live chickens.

**6. Avoidance of insect bite:** If anybody visits a mosquito and insect infected area, he should use mosquito net. During journey to a forest, one should be aware about insect bite. If necessary, preventive medicines should be taken.

**7. Use of safe and germ free water:** Water is the media of many diseases. In order to keep good health, germ free safe water should be taken for drinking. Generally the water used for bathing and washing clothes is not clean and germ free. Such water should be clean and free from germs for domestic uses. We should drink at least 8-10 glasses of pure water in a day. Usually, water of tube well and boiled or filtered water is germ free and safe for drinking.



**8. Creating self-awareness:** Self-awareness is the most effective way for preventing from contamination of germs. Self-awareness consists of the elements like –

- Knowledge and consciousness of own body.
- Knowledge of the strength, weakness of the self and to remain conscious about it.

- To take measures for increasing strength and reducing weakness.
- To remain aware of own personal feelings.
- To have a clear conception about morality, values and to remain conscious about these ethical qualities.
- If physical and mental weaknesses are correctly identified and addressed accordingly, no disease can get an easy access to attack the body.

**Work – 1:** The names of the diseases are given in the table below. Fill in the table with the correct media of diseases.

Names of the disease	Media
1. Cold and cough related fever	1.
2. Tuberculosis	2.
3. Typhoid	3.
4. Measles	4.
5. Diphtheria	5.

**Work – 2:** Write down the correct procedures of washing hand in a poster and demonstrate it . ( Class work)

**Work – 3:** The students will divide themselves into small groups and each group will write three self-awareness activities and demonstrate it. (Group work )

## Exercise

### Multiple Choice Questions

- What is called to keep health sound and free from diseases?
  - Good health
  - Health management
  - Health treatment
  - Health science
- Which one of the following is a contagious disease?
  - Malaria
  - Influenza
  - Paralysis
  - Typhoid.

3. Which one is the indirect cause for spreading of contagious disease?
  - a. Droplet infection
  - b. Animals biting
  - c. Vector borne
  - d. Direct touch
4. Which one of the following is an air borne disease?
  - a. Pneumonia
  - b. Titenus
  - c. Measles
  - d. Plague
5. 'Prevention is better than cure'-Which one of the following is reflected in the proverb?
  - a. To recover from diseases
  - b. To nurse the patient properly
  - c. Post caution of the diseases
  - d. Precaution of the diseases
6. What is the main cause of Hookworm disease?
  - a. Biting by the mad dogs
  - b. Biting by rats
  - c. Biting by anopheles mosquitoes
  - d. Touch of the injured section of the body with the earth

**Read the passage below and answer to the question 7 and 8.**

- Fever with severe
- Headache
- Respiratory Conjestion

Group-A

- High fever
- Reshes on health
- Red Eye

Group-B

- Rapid weiget loss
- Chest pain
- Blood mixed Sputum

Group-C

7. Which group of the above steam is the symptomes of measles?
  - a. group -A
  - b. group-B
  - c. group-A & B
  - d. group-B & C
8. Best ways of prevention for the diseases mentioned in the steam is-
  - i. Vacccination in time.
  - ii. Avoid from the insects biting
  - iii. Drink & use jermes free safe water.

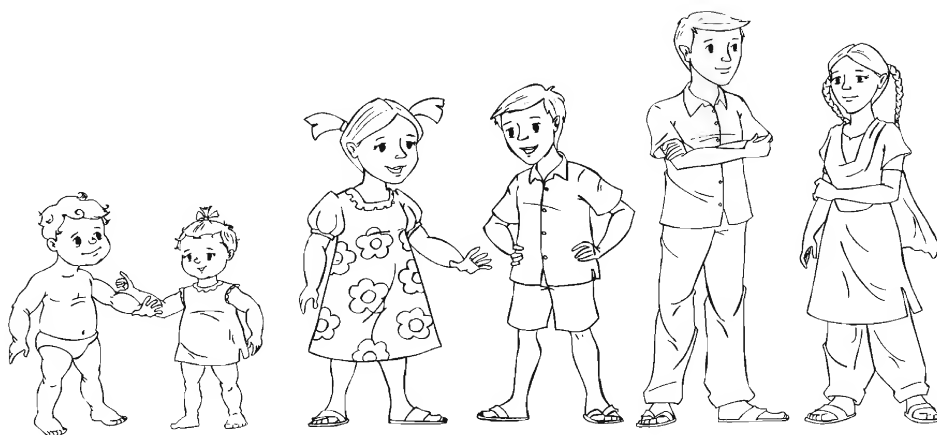
Which one of the below is right?

- a. i and ii
- b. i and iii
- c. ii and iii
- d. i, ii and iii

## Chapter Four

### Adolescent Period in Our Life

A child's birth brings joy to the family. Everyone likes to care the child. The child grows up gradually with its mother's careful nursing. This growth of the child happens when he passes through several stages of his early life. The first stage is infancy. It is supposed that the span of infancy is about five years. The age from six to ten years of life is childhood and from ten to eighteen years is termed as adolescent period. Adolescence is the period which functions as a bridge between the childhood and the youth. This period in the life of a boy and a girl is said as the age of puberty.



**Child**

**Boy - Girl**

**Tender-Aged Boy - Girl**

**By the end of this chapter, we will be able to –**

- explain the different aspects of physical and mental changes during the age of puberty.
- determine the functions to be done during the happening of physical and mental changes.
- describe the needs of balanced food for keeping good health.
- mention the wrong conceptions prevailing in the society about the changes during adolescent period.
- explain about the risks at the age of puberty.
- describe the means of keeping oneself safe at this age.
- safeguard ourselves from the possible health hazards during menstruation.



## Lesson-1: The physical, mental and behavioral changes during puberty

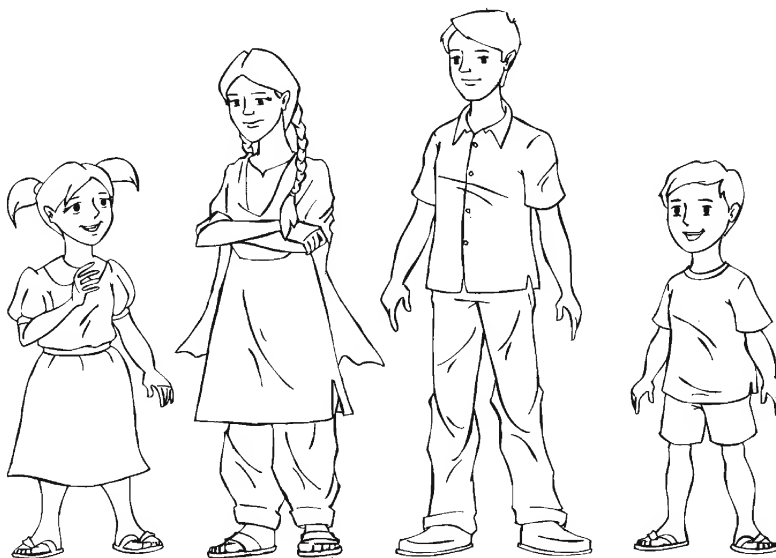
The adolescent period is very significant for every tender-aged boy and girl. During this period, a lot of physical and mental changes start occurring and these changes become complete in youth. Usually the boys and girls belonging to the age group of 10-15 and 8-13 years respectively fall in the category of the age of puberty.

**The physical changes in puberty :** The physical changes of the boys and girls during puberty become visible. Generally, their organs of the body grow fast during this stage.

**Physical changes of the boys become visible during adolescence.**

These are

a) Rapid increase in height, b) Rapid gain in weight, c) Firmness of the body appears, d) Body structure assumes the form of the adults, e) Beard and moustache start growing, f) Voice changes and becomes harsh, g) Chest and shoulders broaden.



The physical changes at puberty

**Physical changes of the girls become visible during adolescence:**

These are - a) Menustration starts, b) The body gains weight, c) The bony structure of the body gets big and strong.

Besides the above, other changes occur during this time. The physical changes do not happen to everybody in the same way and form".



### **Beauty-consciousness grows among the boys and girls**

**Changes during puberty:** The mental and behavioral changes happen at the time of puberty.

#### **The mental Changes are-**

- a. Intense desire to get love, care and attention from near and dear ones increases.
- b. Tendency of being guided by emotions increases.
- c. Curiosity among the boys and girls increases.
- d. Various kinds of hesitation, impatience, restlessness work in them during this time.

#### **The behavioural changes are-**

- a. To behave like an adult person.
- b. To try to impose personal opinion and observation on others.
- c. To try to establish himself as a different personality through different behavioural aspects.
- d. Eagerness increases for doing adventuresome and risky work.

**Work – 1:** Identify the physical, mental and behavioural changes that occurred in you for the period from the last 6 months to 1-year. In order to accomplish the task, first think about the physical, mental and behavioural changes happened in you. Make a list of the comparative changes of the present and past. Then as per your teacher's instruction, make groups with equal number of students both in girls and boys and prepare a table of the physical and mental changes of the students of your group.

**Work – 2:** Show the physical and mental changes of the boys and girls at puberty on the following tables –

**Table – 1: Physical Changes during puberty**

Boys at puberty	Girls at puberty
1.	1.
2.	2.
3.	3.
4.	4.

**Table – 2: Mental and behavioural changes during puberty**

Mental Changes	Behavioural Changes
1.	1.
2.	2.
3.	3.
4.	4.

## **Lesson-2: Situation observed during physical, mental and behavioural changes of boys and girls at puberty**

The children pass through a lot of physical and mental changes during puberty. The changes are natural biological processes. Puberty happens to every boy and girl. Various types of unknown physical and mental changes occur during this period. Children get new acquaintance with the surrounding environment which changes to them. Sometimes out of curiosity, they try to get new experience. The final-result of this venture may not bring good to them.

Besides, lack of proper knowledge of these changes may lead them to take wrong decisions.

Under these circumstances, parents, teachers, elder brother or sister should come forward to help the adolescent boys and girls. They will behave with these growing children friendly and compassionately. These tender and friendly behaviour will make the boys and girls easy to talk to them about their personal problems. They will learn from their guardians as to what to do about their problems during this period. Besides, the adolescent boys and girls will learn about cleanliness and health rules correctly and will follow it accordingly.



**Study, Games and Sports**

**Work – 1:** Demonstrate on the board about the risks that occur due to the physical and mental changes in puberty.

**Work – 2:** Write about the advantages of the advanced knowledge and disadvantages of the absence of it regarding the changes at puberty.

### **Lesson-3: The utility of nutritious and balanced food at puberty:**

The intake of sufficient quantity of balanced food is required for body protection and its growth. Foods which keep the body healthy and strong, are called as nutritious food. Balanced food supplies nutrition to the body. Food enriched with six elements of nutriment namely –protein, carbohydrate, fat, vitamin, mineral salt and water, is called balanced diet.

The functions of these 6 elements of food are given below:

**1. Protein** builds organs of the body, helps its steady growth and recovers the loss caused by physical exercise of the body. Protein produces energy in the body and protects it from diseases. Fish, meat, egg, milk, cheese, lentil, bean, etc. are good sources of protein.

**2. Carbohydrate** provides heat and energy in the body to work. Foods full of



The demand and necessity of balanced diet vary at different ages. Children grow very fast at puberty stage. At this period, they remain busy with study, games, sports, running, jumping, etc. For this reason, they need extra calories or energy as per body requirement. As body grows faster during puberty, sufficient quantity of nutritious and balanced diet needs to take. The children of this age should have the scope to eat a lot of protein and vitamin enriched food. Food provides energy, recovers loss and prevents diseases of the body. Less nutritious foods hamper body development and deteriorate mental growth. If there is no physical work and if carbohydrate, fat and oil enriched foods are taken, obesity occurs. In order to make the body slim, if scanty amount of food is taken, body loses power from preventing disease and becomes sick. Therefore, the practice of having proper food habit and undertaking physical work along with the intake of sufficient amount of nutritious food will help to grow up properly at puberty.

**Work – 1:** Match the correct function of a specific food by putting arrow line against it. The table is given below:

Food	Main functions of food
<ol style="list-style-type: none"> <li>1. Rice</li> <li>2. Coloured vegetable</li> <li>3. All types of fruits</li> <li>4. Iodized salt</li> <li>5. Kachu shaak</li> <li>6. Meat and egg</li> <li>7. Water</li> <li>8. Butter</li> <li>9. All sorts of lentils</li> </ol>	<ul style="list-style-type: none"> <li>- prevents disease of the body</li> <li>- fulfils the need of mineral salts</li> <li>- produces blood in the body</li> <li>- builds and develops the body</li> <li>- helps blood circulation</li> <li>- prevents disease</li> <li>- recovers decay of the body</li> <li>- builds and develops the body</li> <li>- produces heat and energy in the body</li> </ul>

**Work – 3:** Prepare a balanced food chart based on low cost foods that are available in your locality. Balanced food's chart will contain the meals for times a day.

## **Lesson - 4: The conventional but wrong concepts about the changes of adolescent age:**

Boys and girls go through various physical and mental changes at adolescent age. As they have no prior knowledge about these changes, a lot of questions in regard to it, comes in their mind. But they do not find any satisfactory answer. As a result, they become afraid.

Later, they cannot ask their parents, elder brothers and sisters or guardians about the problems because of their shyness, hesitation and anxiety. Moreover, they consider these sudden changes as unnatural and they fall in the prey of wrong ideas. They feel shy and hesitant and become reluctant to talking to anyone. Rather they feel comfort to discuss the issue with their friends. As a result they get misleading information and develop wrong ideas about the changes.

Such as- the body of the boys gets weak and their health deteriorates. They think that it is one kind of diseases. The girls at this time, suffers from certain prejudice like they should not eat fish, meat, sour and chilli food. They restrain themselves from going outside and do not participate in any outdoor activities like games and sports etc.



**Girls remain alone and silent**



**Boys suffer from imaginary sickness**

**The ways of getting help from parents and guardians at puberty:** The physical and psychological changes the children undergo at puberty, need to discuss with parents, elder brothers and sisters, guardians since these changes lead them to face many questions. The guardians of the adolescent boys and girls will make them conscious through discussion on these issues. Besides, they will inform them about the health rules during this period of adolescence.

## **Lesson - 5: The risks at the age of puberty:**

Children of this age face many unknown things. Sometimes being inquisitive they try to get new experience, which always do not end well. Besides, they may even take wrong decision due to lack of knowledge. In such a situation they need counseling. If friendly relation is maintained, the children will be able to meet the serious problems they face at this age. Usually the children of this age come across the following risks -

1. Being inspired by their peers they may engage in dangerous activities.
2. Due to inquisition or bad company they may involve in smoking, addicting in drugs, illicit and multifarious anti-social activities.
3. Lack of proper knowledge of reproductive health, the possible transmission of contagious diseases in reproductive organs may occur.

### **Measures to take for eliminating risks -**

1. Decisions should not to be taken either being biased by friends or being curious. Decisions on any issue should be taken concerning the good or bad sides of an activity.
2. A friendly relationship should be maintained with parents, elder brothers and sisters. If any question arises in their mind or they fall in a problem, they should discuss the matter with them and ask for their help.
3. One can keep himself/herself away from such unwanted activities if he/she gets involved with games, sports and cultural activities.
4. Reproductive health rules are to be complied with sincerity.

**Work – 1:** Students will present the problems of every individual facing in his/her day-to-day life through group discussion. Presentation table is as follows -



**Boy**

Problems	Solutions
1.	1.
2.	2.
3.	3.
4.	4.

**Girl**

Problems	Solutions
1.	1.
2.	2.
3.	3.
4.	4.

## **Lesson-6: The ways of keeping safe at the age of puberty:**

The boys and girls start growing during the adolescent period. At this time, rapid physical and mental changes occur in them. With the development of various organs of the body, the boys and girls witness the visible psychological changes in them. They feel curious for the unknown things. Emotions prevail in them and they feel intense attraction for opposite sex. In order to exhibit themselves, they become beauty conscious. In the adolescent period, there creates scope to get ruined for keeping bad company. It is the time for the boys and girls when they are to lay foundation for acquiring moral and ethical values. This effort will lead them to a sound and healthy life. Every activity to be accomplished during this age is very important for making oneself a good citizen in future. It is equally important to remain safe from the risks and awareness of such safety measures which need to be ascertained for the boys and girls at puberty.

### **Safeguarding the risks at the age of puberty:**

1. The youthful boys and girls of this age become curious to the unknown and in order to quench this curiosity, they involve in harmful activity without considering its good or bad affect. For example – smoking in childhood age. With the allurements and insistence of the bad companions, they start smoking

out of curiosity. As a result, he/she becomes addicted to smoking gradually. To abstain from this harmful addiction the boy should avoid bad company. If parents notice any kind of abnormality in their child, they would pay attention to the matter seriously. They can discuss the matter with him and will make them disassociated from the company of bad friends.

2. Without having clear concept of reproductive health they fall in trap of making unsafe physical relationship with some dishonest people and get involved in anti-social activities. School teachers, parents and elder siblings may come forward in this regard. They will build up friendly relations with these grown up children. They will inform them properly about the reproductive health and its advantages and disadvantages.

3. Besides study, teen-aged boys and girls will keep themselves busy with games, sports and cultural activities for making life educative and joyful.

**Work – 1:** Explain the ways of keeping someone safe at puberty (Group Work )

## **Lesson-7: Health rules to be followed by the girls at adolescence:**

Due to hormonal secretions, the girls at adolescence face a lot of changes within themselves both physically and mentally. The noteworthy change is the menstruation which is a natural process for every girl. Generally, it starts at the age between 9 to 12 years in our county.

The girls of this become afraid of seeing this change which is very new to them since they have no clear idea about this change beforehand; they get panicked and suffer from ill feeling. Depression is distinctly observed in them. In such circumstances, due care should be taken to maintain neatness and cleanliness for having good health. They are to follow certain health rules. They need enough nutritious food to eat and to drink a lot of pure water. They also need a good amount of rest and sleep.

**Work – 1:** Put ✓ mark in the given table against the work to do and × mark against the work not to do during menstruation.

Work	✓ / ×
1. Taking bath everyday	
2. Eating sour fruits	
3. Eating fish	
4. Carrying water in big buckets	
5. Going to walk	
6. Drinking more water	
7. Having foods which contain fat/oil	
8. Eating more iron-enriched food	

## Exercise

### Multiple choice questions

- What type of foods is honey?
  - Protein
  - Carbohydrate
  - Fats and oil
  - Vitamins
- What physical changes occurred at adolescent period among boys and girls?
  - Physical and economic
  - Physical and mental
  - Economic and social
  - Social and mental
- The functions of protein are-
  - Recovering the losses of health
  - Provides energy of health
  - Steady health growth

Which of the following is correct?

- (a) i & ii
- (b) i & iii
- (c) ii & iii
- (d) i, ii & iii

4. The physical changes at adolescent period among the boys are-

- (i) Structure of the body get likes the adults
- (ii) Harsh voice
- (iii) bony structure of the body growing up

Which of the below is correct?

- (a) i & ii
- (b) i & iii
- (c) ii & iii
- (d) i, ii & iii

5. When does the maturity of adoleslent period come?

- (a) in boyhood
- (b) in youth
- (c) in childhood
- (d) in old age

6. Which one is the change at adolescent period for the boys?

- (a) Emotion
- (b) Harsh voice
- (c) getting weight
- (d) getting the bones structure growing up and strong.

7. Which one is the behavioral change at puberty?

- (a) Behave like the adults
- (b) Increasing tendency of emotional life leading
- (c) Curiosity of boys and girls for each other
- (d) Different sorts of confusions and restlessness work in mind

**Read the following stem and answer to question 8 and 9.**



**Figure :** the list of food items of Rifa of Class six student.

8. Which food are absent of Rifa's balanced diet in the stem?

- (a) Mineral                      (b) Protein  
(c) Carbohydrates              (d) Fat and oils

9. Absence of the food in the list will cause for Rifa?

- i. Building body and growth will be slower  
ii. Heat of the body and energy will decrease  
iii. Immunity will decrease

Which of the below is correct?

- (a) i and ii                              (b) i and iii  
(c) ii and iii                              (d) i, ii and iii

# Chapter Five

## Sports for Life

It is a natural tendency for a child to play. The child plays instinctively even at his mother's lap or in his bed. It is a pleasure for him and he enjoys it. The child grows up gradually and starts learning what he sees around him. He learns from his parents first at home. This learning is based on his physical movement. He moves, walks and runs with his fellow mates. This is the primary stage of his involvement in sports. At one stage, he finds himself in the playing field and it happens when he gets admitted in school. He acquaints himself with many attractive games and sports in the educational institutes. Sports thus create an irresistible appeal to attract every human being young or old at every sphere of life. The games and sports remove fatigue and tiredness of the body and mind. It helps build the limbs of the body harmoniously. In order to keep the body and mind healthy, one should play games and sports regularly in a systematic way.



**Kicking**  
(Football)

**Batting**  
(Cricket)

**Running**  
(Athletics)

**By the end of this chapter, we will be able to –**

- analyze the impact of games and sports on physical health.
- explain the difference between indoor and outdoor games,
- get encouraged to lead a healthy life through games and sports.
- learn the rules and regulations of two main games namely football and cricket, athletics and undergo the training of the same.
- attain expertise and skill on taking part compulsorily at least in one particular game as per liking.

## Lesson-1: Importance of games and sports -

To play is a natural tendency for a child. It is inherent in him and he engages himself in any playful activity as soon as he gets chance. While he is at play, he forgets his surroundings. He enjoys the free movement thoroughly. His participation in the sporting activities helps him maintain a good health. His physical and mental health develops harmoniously through games and sports. In order to achieve this development, the sports activities should be planned according to the age and sex of the children. Educational institution is the best place where the children can play freely with their friends and classmates. It is a fact that the children get tired in taking lessons in the classroom at a stretch for a long time. It becomes monotonous to them. They can not pay full attention to their studies because of the mental fatigue. They need delightful activities like games and sports to remove monotony and weariness in the classroom. Through these activities they will regain the lost energy and will be attentive to the studies with renewed vigor. The children play games in the field. They get in touch with other children and they learn discipline, obedience, fellow feeling for others and other social qualities. Moreover, they develop leadership quality during competition and thus they learn how to become a good citizen of the country in future.

**Work-1:** What type of activities can you undertake to motivate the participants of your age for taking part in games and sports? Explain

**Work-2:** What are the good qualities that can be earned through games and sports? Write on the board and explain it in groups.

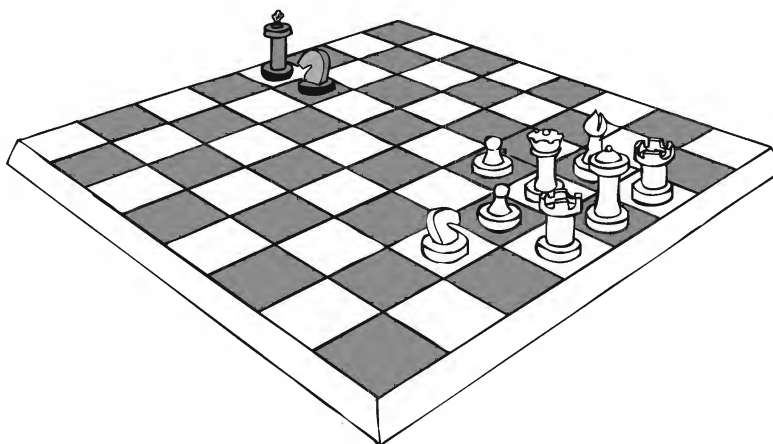
## Lesson-2: Indoor games-

Human beings are naturally inclined to games and sports. They take part in it spontaneously. They get pleasure out of the games and sports. There is a popular conception that games are generally played out door. But there are some games which can be played indoor such as — chess, carom, ludo, etc. These games are termed as indoor games since these are played inside a room.

**Chess:** There are different opinions as regards the origin of the game of chess. Some says chess has been originated in ancient India. Some opines in old Persia or China. But most of the historians are of the opinions that it is China which introduced the game of chess in their own form. It is said that an enthusiastic Chinese Hanseng by name invented the chess board and the chess men. Chess is a game of intelligence. It has earned worldwide popularity.

**Chess board:** The chessboard is generally made of metal, fine wood, hardboard or any other material that facilitates folding or unfolding of the board. On the surface of the board, there are 64 squares of similar shape. These squares are colored black and white and are arranged alternately. In order to start playing, the white square of the board will be set at the right corners of the opener. The chess is played between two competitors having 16 white and 16 black chess men for each of them. The opener will start with the white ones. The chess men have their names, power and capability. The names are King, Queen, 2 Rooks, 2 Bishops, 2 Knights and 8 Pawns. The powers of the chessmen are determined by the capability of their movement on the chessboard.

The game starts by winning the toss and the winner begins with the white chessmen. Rules regarding the power and movement of the chessmen are stated below-



**Chess board**

**1. King:** The king remains well protected. Yet he can move for his safety. The king moves only one square on all sides.

**2. Queen:** The queen is the most powerful in the game of chess. Her power is equivalent to the power of one rook and one bishop. The degree of power of the queen is nine. The queen can move at any direction and on any square provided her path of movement remains free. The queen can overtake any chess man on her path of movement.



**3. Rook:** The rook moves straight on all sides if not obstructed by another chessman. It can overtake the obstructed chessman while moving. The degree of power of the rook is 6.

**4. Bishop:** The bishop moves diagonally at any vacant square. The white and black bishop move on the white and black square respectively. Its degree of power is 3.

**5. Knight:** The movement of the knight on the chess board is not like others. It jumps over the own or the opponent chessmen by crossing two and a half square at any side provided the square remains free. The degree of power of the knight is 3.

**6. Pawn:** The pawns are termed as the guards of the king. Pawn moves straight on only one square in front. It can not go behind. At the start of the play, the pawn can be moved on the second square if the contestant so wishes. It can overtake the opponent on a diagonal position. Its degree of power is 1.

**Position of the chessmen on the chessboard:** At the two corners of the board, two rooks will be placed, then two bishops, two Knights, king and queen are to be set sequentially. It should be kept in mind that the white king will be placed on the white square for the contestant playing with the white chessmen. At the same time, the black king will be placed on the black square for the opposing contestant. The pawns will be set in front of each of these chessmen filling the baseline of the board.

**Castling:** The game of chess ends when the king is unprotected and can not survive. The contestants foresee the possible danger of the king and in order to save the king, the positions between the king and the rook are exchanged. This is called castling in the terminology of the game of chess.

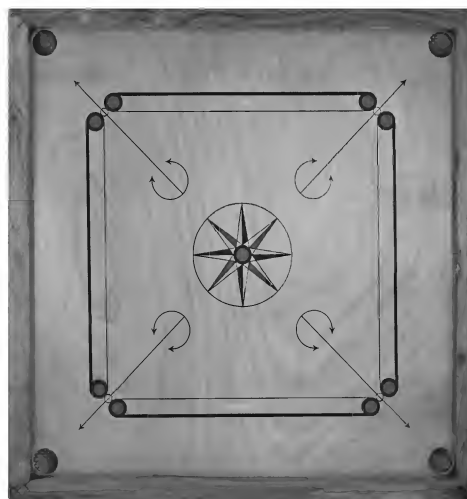
**Rules of the game:** The rules are a little bit complicated for the beginners. The simple rule is to know by the movement of the chess men. The white pawn is to move first and it may be moved by one or two squares at a time. The pawn moves forward. But it can go diagonally by overtaking the opponent's chessman. Besides the pawn, a knight can also be put forward at the start of the game. The contestants think deeply and plan to move. Because it is a game of intelligence. During the game, if it so happens that a pawn reaches the opponent's baseline then the pawn assumes the power of queen. Checkmate is a term in the game when the king is surrounded by the opponent and can not move at any direction for his safety. Then the game ends and the checkmated king is defeated.

**Work-1:** What is called indoor games? Write down the events of indoor games.

**Work-2:** What are the equipments needed to play the game of chess? Prepare a list of those equipments.

**The game of Carom:** The game of Carom is usually played inside of a room. So, it is termed as an internal sports event. The game plays an effective role to get pleasure and enjoyment easily while staying inside a room. The rules relating to this game are very simple and can be acquired at easely. The competition may be organized on single or dual basis.

**Carom board:** The game is played on a wooden board. The board is made of fine wood and is square in shape. The surface of the board is flat and highly smooth. Four round holes of same measurement are there at the four corners of the board. A circle is drawn at the centre where the Pellets are set at the start of the game.



Carom board

**Pellets :** Pellets men are normally made of wood, but plastic men are also used. The total number of Pellets men is 19. These are white, black and red in colour. The white and black Pellets are each 9 in number and only a single one is painted red. The Pellets are equal to each other in size and weight.

**Striker:** The main objective of the game is to pocket the Pellets which remain scattered on the board after the first hit. Before the start of the game, all men are set alternately in the center circle. Boric powder is profusely used to make the surface of the board smooth and dry. The competitor winning the toss strikes first with white Pellets .He strikes the Pellets with the help of a striker. The striker is circular in shape and is generally made of synthetic material. It is bigger in size than the Pellets .

**Rules relating to Pellets :**

- Fingers are to be used to strike the Pellets with the striker. The striker must not be pushed with the fingers.
- The elbow of the playing hand will not cross the wooden railing of the

carom board at the time of striking and it will also not be laid on the upper surface of the board.

**Break:** Break is a term used in the game of carom when the player after winning the toss hits the Pellets men set in the center circle. The white and black Pellets men are set alternately around the red in the center circle. The player taking the first break plays with the white ones while his opponent will play with the black Pellets . Once the first break ends, the opponent takes the next break. In this way, the two contestants take the breaks one after another until the white or black Pellets are entirely pocketed. During this attack and counter attack by the contestants, the red coloured Pellets become the center of attraction because of its additional value of counting points.

### **Method of scoring:**

- Win or loss in a game is decided by points. 25 points make a game. When a player earns 25 points against his opponent first, he will win that game.
- The value of each Pellets men is 1 and the red is 3.
- When a player wins a board, he will win points against each of the Pellets left on the board by his opponent. If he is able to pocket the red with covering, he will earn 3 points as extra. But no extra points will be added to his score if his total score stands 21 beforehand.
- Covering is important for pocketing the red. When red goes to any pocket, a covering is needed and the player will pocket a piece of his side after the red is pocketed.
- A player will be declared winner when he will win two games out of three.

**Work-1:** Write down the rules of the game of carom on the board and present it before the class.

## **Lesson -3: Outdoor games -**

The games which are played outside the class room in an open space or playing field, are called outdoor games. Such as - Football, Cricket, Kabadi, Gollachut Dariabandha, Ekka-dokka, Kanamache, Bouchi, Catiret, Athletics etc.

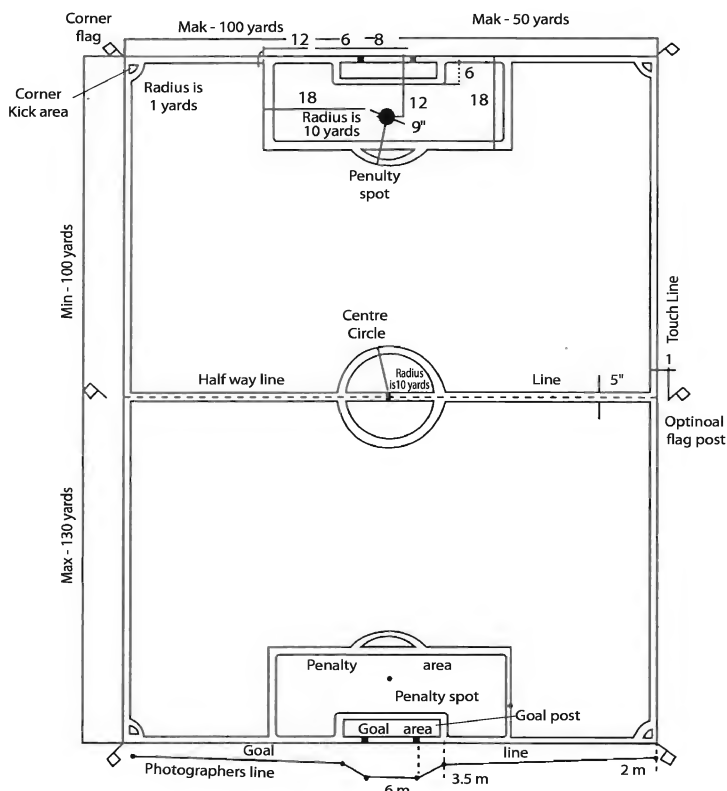
**Football:** Football is an international game. Like other countries, it is very popular in Bangladesh. The qualities like physical fitness, self confidence, team spirit, fellow feeling, mutual co-operation and leadership are achieved through the regular practice of this game.

## Rules :

**Play ground of Football :** Internationally a football playing field is 100 meters long (110 Yards) and 64 metres wide. Football may be played for the Junior in a field of 80 X 50 yards. The heights of the goal post is 2.44 metres and the distance from one post to another is 7.32 metres (24 feet). 6 yards away from each of the goal post on the goal line and from that mark on the goal line, another 6 yards inside the field will form a rectangle which is called goal area. From 18 yards of the each goal posts side and inside the field making a rectangle is called penalty area. A penalty spot is marked inside the field having a distance of 12 yards from the centre point between the two goal post from where a penalty kick is taken. A circle with a radius of 9.15 metres (10 yards) is drawn in the centre of the field from where Kicking off the ball the play is started. The corner kick is taken from a small area with 1 yard radius in each corner of the field.

## Football field

**2. Number of players:** Football is played between two teams. Each team has 11 players. So 22 players play in a football match.



**3. Referee:** The game is conducted by a referee in the field. He is assisted by two Assistant Referees and a fourth Referee.

**4. Duration of the game:** 90 minutes with a recess of 10 minutes between two halves are required for the seniors. But for the juniors, the duration is 35 + 10 + 35 + minutes.

**5. Start of the play:** The game starts with a toss of the coin. The captain winning the toss must choose the side. The losing captain will take the kick off at the signal of the referee.

**Work - 1:** Draw up a sketch of a football field.

**Work - 2:** Write down the rules of football game in your note book.

## Lesson-4: Laws of the game –

**Foul and misconduct** – If any player commits foul or does not behave properly, he is penalized by awarding free kick against his team. Free kick is of two types – direct and indirect. A goal is scored from a direct free kick, but no goal can be scored from an indirect free kick. Direct free kick will be awarded when a player commits any of the following 10 (ten) fouls:-

1. To kick or to attempt to kick an opponent.
2. To trip an opponent from behind or to take an attempt to do so.
3. To jump over an opponent.
4. To attack or charge an opponent wrongly.
5. To strike or to take an attempt to strike an opponent.
6. To push an opponent.
7. To prevent or to catch hold of an opponent.
8. To tackle an opponent unlawfully.
9. To spit upon an opponent.
10. To hold the ball willingly. (But this infringement of law will not hold good for the goalkeeper within his penalty area.)

**Indirect free kicks are awarded if –**

1. The goal keeper holds the ball and keeps it with him for more than 6 (six) seconds before sending it in the field.

2. The goalkeeper catches the ball more than once before it is touched by any other player.
3. The goalkeeper touches or holds the ball which comes to him from his own team mate as a back pass or a kick.
4. The goalkeeper holds or touches the ball from a throw in taken by his team mate.
5. Any player plays the game dangerously.
6. An opponent is prevented from his forward movement without playing the ball.
7. The goalkeeper is obstructed at the time of his throwing the ball in the field.

**Throw-in:** During the course of the game, when the ball crosses the sideline, the referee awards a throw-in for the opposite team. The game restarts with a throw-in from the sideline. A player puts his two feet behind the sideline and takes the throw-in by holding the ball with his two palms proportionately. He makes a swing over his head and throws the ball inside the field. No goal is scored directly from a throw-in.

**Goal kick:** When the ball touches an opponent and goes out of the goal line, a goal kick is awarded. Goal kick is taken from the goal area. A goal is scored directly from a goal kick. A goal kick will be made effective when it goes out of the penalty area.

**Corner kick:** If the ball goes out of the goal line by the touch of any defender, a corner kick will be awarded against the defending team. The corner kick will be taken from the corner of the side where the ball crosses the goal line. A goal is scored directly from a corner kick.

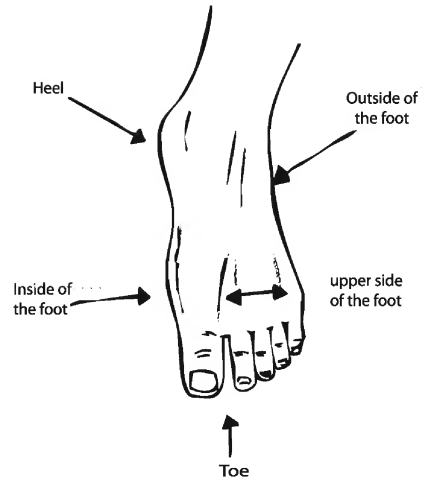
**Work - 1:** Write down the rules of direct free kick of even numbers and indirect free kick of odd numbers.

## Lesson - 5: Techniques of the game of football:

The very term of football indicates that the game is played with the help of the foot of a player. The players use his foot to attain the skill of controlling kicking the ball. So, he should learn the techniques of using his foot. The foot has three sides, namely-

- i) Inside of the foot;
- ii) Outside of the foot; and
- iii) Instep i.e. the upper side of the foot.

Besides the above, the front and back sides of the foot are named as toe and heel respectively.



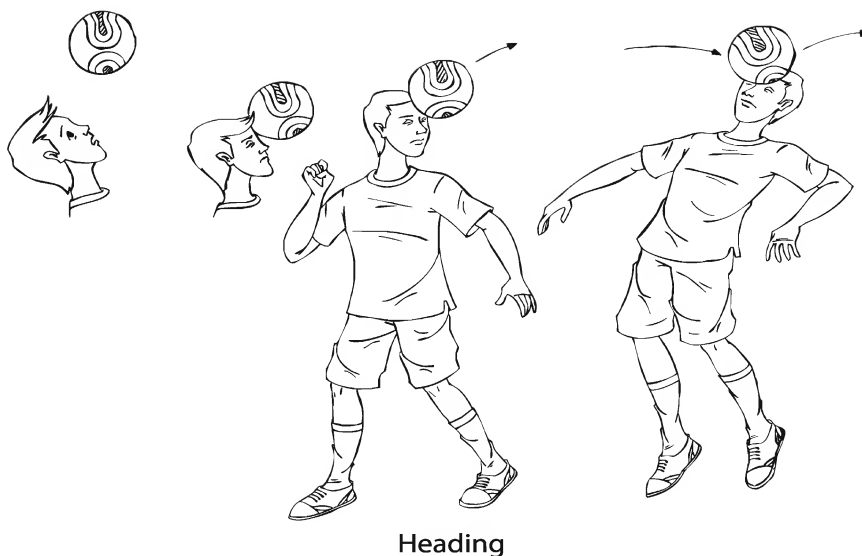
Different parts of a foot

**a) Kicking:** Ball can be kicked with different parts of the foot. It is easy to take inside kick and the technique of this kick can easily be acquired. It is to be noted that while taking the inside kick, the non-kicking foot remains a little bit behind of the line of football and is placed 6"-8" away from the ball. The kicker will keep his eye on the ball and will take the kick with the inner side of his foot. The kicker will keep his body weight on the opposite leg and stretching both the hands forward, he will accomplish the kick. After the kick is done, the kicking foot will go forward as a follow-through action. Besides, low and straight kick is taken with the upper portion of the foot. This type of kick is very forceful and is called low hard kick.



Kicking

**b) Heading:** when the ball is played with the help of the head, it is called heading. Generally, the forehead is used to head a ball hard and to send it to a long distance. The technique of heading is that the eyesight will be fixed on the ball. The header will bend his body a little backward and will head the ball with the forehead making his neck stiff. The header can send the ball at any direction using his forehead.



Heading

## Lesson-6: Cricket

Cricket is an international game. The origin of the game is in England. The game is very popular in Bangladesh. Now-a-days, Cricket is being played at the different parts of rural Bangladesh.

### Brief rules of the game:

**i) Players** – 16 players form a team. But only 11 players take part in any competition. Before the start of the game, toss is held to decide who is to bat or bowl first.

**ii) Pitch** – Cricket is played on a pitch which is measured by 22 yards and 10' feet .

**iii) Umpire** – The game is conducted by two umpires in the field. A scorer is appointed to keep scores of runs, bowling and other details of the game.

**iv) Wicket** – Two wickets with three stumps each are fixed at the two ends of the pitch. The breadth of the wicket is 9". Two bails are placed on each of the wicket. The height including that of the bails from the ground is 2' feet 41–2" inch.

**v) Bowling and popping crease** – The length of bowling crease is 8' 8". It is the extension of the lines on which the wickets are put into the ground. Further, a line is drawn inside the ground making parallel to the bowling crease and it will be 4' feet away from it. This is called popping crease.



- vi) **Match:** Three types of competitions are generally organized in the game of cricket. These are called matches. The matches are-
- (a) Test match      (b) One day match      (c) T-Twenty match.

a) **Test match** – Two innings are played in a test match. The duration of a test match is 5 days. Both the teams are required to bat or bowl alternately. It is mandatory for the competing teams to play up to 90 overs a day.

b) **One day match** – In this competition, each team is to play 50 overs i.e. the team will bat and bowl alternately for 50 overs.

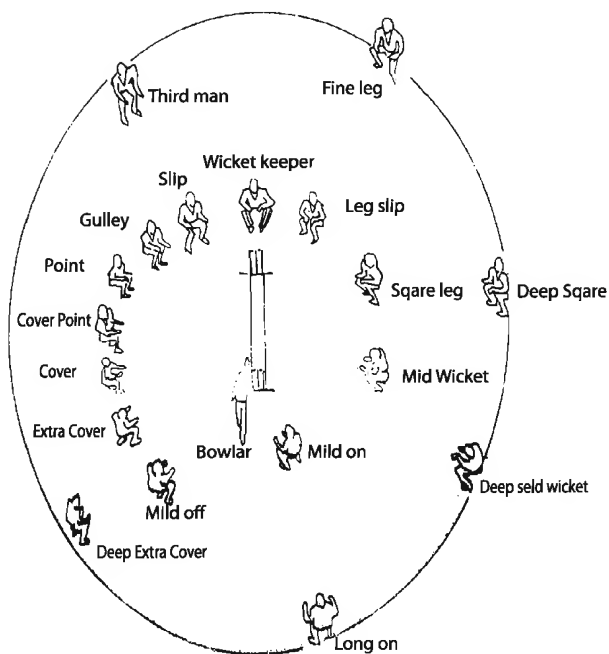
c) **T-Twenty match** – Each team plays only 20 overs. For example - If team A bats first, the team B will bowl and vice-versa.

vii) **Over** - An over consists of 6 correct balls. The bowler bowls 6 balls consecutively from one end of the wicket. When the over is completed, from one end then another bowler of the same team starts bowling from the other end.

viii) **Boundary and over boundary** – When a batsman hits a ball and sends it beyond the boundary line, the umpire signals a boundary and 4 runs are scored. If the ball goes over the boundary line without touching the inside of the field, it is declared as over boundary and 6 runs are added in the score.

ix) **No ball** – The umpire declares a no ball of a bowler when the ball is thrown but not bowled, the front foot crosses the line of popping crease, the back foot does not remain within the return crease.

x) **Wide ball** – According to umpire, if the ball goes out of the reach of the batsman, it will be signaled as wide ball.



**Cricket ground and positions of the players of the fielding side**

**xi) Batsman out:** A batsman is declared out for many reasons, these are-

- a) **Bowled out-** A batsman will be bowled out when he fails to play the ball and it hits the wicket and the bails fall.
- b) **Timed out -** If the new batsman takes more then 3 minutes to get in the field for batting, he will be called timed- out.
- c) **Hit wicket-** If the bails of the wicket falls with the hit of the bat or the touch of the batsman, he will be out.
- d) **Run out-** At the time of taking run, if any fielder throws the ball to the wicket and the wicket falls before the batsman reaches the popping crease, he will be termed as run out.
- f) **Stumped out-** When a batsman goes outside the popping crease to play a ball and the wicketkeeper breaks the stumps with the ball in hand, the batsman will be called stumped out.
- g) **LBW (leg before wicket)-** When the umpire becomes sure that the ball would hit the wicket if the batsman does not stop it with his leg, he will be given out LBW.
- h) **Catch out-** Catching the ball before it touches the ground.

**Work-1:** Write down the five salient points of batting.

**Work-2:** Demonstrate the position of a wicket keeper.

## Lesson-7: Techniques of Cricket-

**1. Batting -** When a player gets ready for batting, he must keep the following objects in mind-

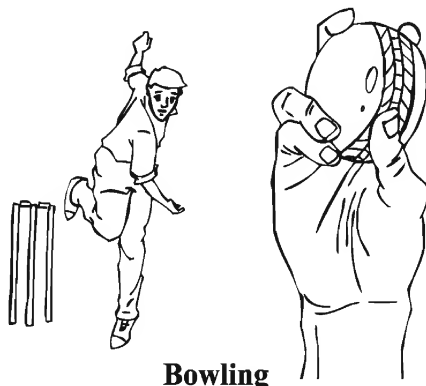
- a) to keep eyes on the ball always;
- b) to have the power of perception in regard to the line, distance and speed of the ball. It means the directions, timing and the possible place of landing of the ball on the pitch;



**Batting**

- c) to select the proper stroke of the ball bowled;
- d) to take appropriate stroke at the right time; and
- e) to have the capability of making contact with the ball at the right place of his bat.

**2. Bowling** – In cricket, bowling is a part of an attacking game. A bowler tries to make a batsman out with his ball. In order to bowl correctly, it is necessary to acquire the skill as to how to hold the ball in grip, to take proper approach run, to make steps, to release ball from the grip, to have follow-through, etc.



**Bowling**

**3. Fielding** –Fielding is an essential part for winning the game. Fielding means the positions of the player in the field. The captain of the fielding side places his players at different positions to prevent the batsman from taking run. Fielding is of two types—attacking and defensive.



**Fielding**

**4. Wicket keeping** – A player of the fielding side other takes position behind a wicket is called wicket keeper, A wicketkeeper keeps his weight of the body on his two legs at a half seated position and keeps his sharp eyes on the ball bowled by one of his teammates. He catches the ball very fast when the batsman fails to hit it.

**Work - 1:** Explain the reasons in the blackboard why a batsman becomes out.

**Work- 2:** Present one rule of the game of cricket on the board.

## Lesson -8: Gollachut

There are two teams in gollachut. Team of golla or chut is determined by toss. Number of players in a team will be fixed considering the size of the court. There will be a starting point of the game. Distance of these two points will be fixed up by considering the size of the field. The golla/chut team players will stand hand in hand at the starting and ending point and start running for the reaching point (Bari/court) with Safe. This reaching can be in two ways. 1- Golla can reach the court direct. No. 2 -The pakka player of the golla team can change their position to lessen the distance and proceed to their goal. The function of the opposite team player is to oppose or touch the golla player for ousted the players. Each team will play for 20 minutes. The successful team will get 2 points for each touch. If the opposite team can foil the golla they will get 2 points. In this way each team by playing 20 minutes having more points will be declared as wining team.

## Lesson - 9: Athletics

Athletics provides scope of building stout and strong body and opportunity for natural growth of the organs of the body as a whole, i.e. alround development of physical and mental health of an individual. An athlet can attain the excellence in respect of speed, agility, power, etc. through the athletic activities. Athletic events are of two types, namely –

1. **Track events** – It includes the running events.
2. **Field events** - Throwing and jumping events fall in this group.

The running events help increase the power of legs, whereas strength, courage, capacity of observation, speed are gained through the performance of throwing and jumping events.

**Precaution:** Warm up of the body is essentially required before taking part in any athletic event. Warm up exercises will not be the same for every event. It will vary and will be as per requirement. When a running event is completed, the runner must not stop suddenly. He will reduce the speed slowly.

**100 meter sprint:** In the athletic events, short distance run is termed as sprint. So, a distance of 100 meter is called sprint. The procedures of participating in 100 meter sprint are given below –

The starter will give a signal by saying "on your mark". The sprinters will then put their hands behind the starting line, the fingers will not touch the line, one knee being folded will be in touch with the ground and the other one will remain over the ground. The starter will say 'set' loudly and the sprinters will raise the hip up for starting the sprint. They will rush forward with high speed as soon as the gun is fired by the starter. If any sprinter takes the start before the gun fire, it will be considered as a false start and the sprinter will be eliminated from the race. Extensive practice is to be taken to avoid false start. The sprinter while taking the start will keep his /her eye straight in front. Before the "set" is called by the starter, the sprinter will take a short run of 30/40 steps and will breath normally. At the time of finishing the sprint, the sprinter will try to touch the finishing tape with the chest by leaning forward. The sprinter will continue the running further after crossing of the finishing line. This will help the sprinter to avoid any possible injury.

**200 meter sprint:**

The run covering a distance of 200 meter is also called sprint. The run is to be performed using the toes. 200 meter sprint is run in a 200 meter or 400 meter track. The run is held in lanes which are generally 8 in numbers. It may be of 6 where enough space is not available. Each lane is numbered and it will begin from the inner most lane. The sprinters will start running keeping their left sides to the field. When the runs are held in tracks, staggereds are to be used. Staggered is a method which brings the equality of distance amongst the runners. The start and finish of 200 meter sprint will be same with the 100 meter sprint.

<b>Work -1 :</b> Describe the procedure of 100 meter sprint sequentially .
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## Lesson 10: 50 x 4 meter relay race-

Relay race is run by a team of four sprinters. The distance for each sprinter is earmarked beforehand and each runner will exchange the baton with his/her fellow teammate after he/she completes the fixed distance. The first runner will start running with the baton in his/her hand. The baton is made of fine wood or metal. It is round shaped and coloured for easy detection. The length of the baton is 30 cm (around 1' foot) and it weighs not below 50 grams. The exchange of baton may be done in two ways i.e. by seeing and not seeing. It is safer for the learner to exchange it by seeing.



Exchange of baton by seeing

Exchange of baton by not seeing

**Work -1:** Write and show the procedures of exchange of 50×4 relay race.

## Lesson - 10: Broad jump-

The techniques of broad jump are divided into four parts, namely –

- 1 . Approach run
2. Take off
3. Flight in the air
4. Landing

**Approach run:** It is an important technique of broad jump that an athlete takes a run very fast towards the take off board. This is called approach run. The athlete starts running from about 30 to 35 meter distance and putting his one foot on the take off board, pushes himself upward for jumping. It is not easy to put the foot on the take off board correctly. It requires vigorous practice. First

of all, the athlete is to fix the check mark on the ground. He/she will take couple of runs to see whether his/her steps are being placed on the check-marks properly. If not, his/her approach run is to be adjusted with the speed of the run. A companion of the athlete may help regarding the correct foot steps on the check marks. Another device may be adopted to rectify the faulty footsteps. A colored piece of cloth

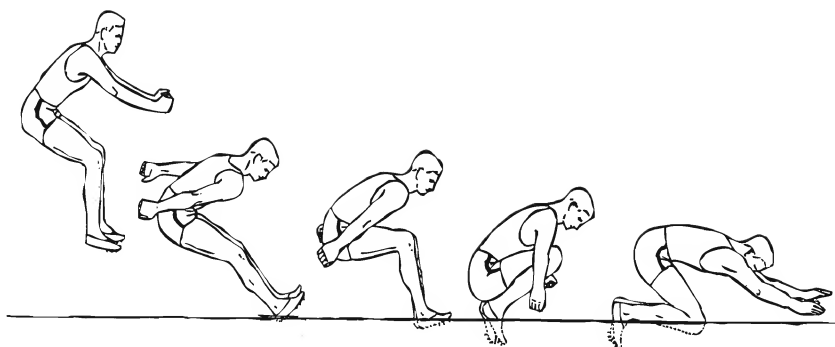
may be tied with the take off foot. His/her companion will notice the steps of the take off foot and accordingly the distance, the foot steps, the speed, etc are to be adjusted. Then regular practice of the approach run will help the athlete put the take off foot correctly on take off board.

**2. Take-off:** After the approach run, an athlete puts his/her take off foot on the take off board for jump. This is called “Take-off”. During take-off, the athlete is to keep in mind the following –

- a. To lift the body up, the take off board is to be pushed very hard by the take off foot.
- b. The heel of the take off foot is to be put on the board fast and then weight of body will be shifted to the foot so that a good push can be made possible.
- c. While pushing the take off board, the knee of the take off foot will be a little bit folded. This will help to generate force on the foot.
- d. After the push, the folded knee will be straightened. At the same time, the opposite knee will go forward from behind in a folding position.

**3. Flight in the air** – After the take off, the athlete will raise his/her body up in the air with the two hands stretched forward so that he/she can draw the feet from behind to land in the jumping pit as far as possible.

**4. Landing** – At the time of landing, the two feet are to be thrust forward to gain maximum distance from take off board. The landing will be done with the feet together. The heels will touch the sand of the pit with the knees folded and the weight of the body will be shifted immediately to the feet with a view to maintaining the balance of the body. The picture below will give a clear view of the landing.



Landing

**Work-1:** Write down and show the techniques of broad jump.

## Exercise

### Multiple Choice Questions:

1. The leadership quality can gain through-
  - a. Music
  - b. Sports
  - c. Reading
  - d. Travelling foreign countries.
2. Which game is started with kick off?
  - a. Handball
  - b. Football
  - c. Basketball
  - d. Hockey
3. Quality can gained through football is-
  - i. Unity of the team
  - ii. Workbility of health
  - iii. Confidence

Which of the below is correct?

- |             |                |
|-------------|----------------|
| a. i & ii   | b. i & iii     |
| c. ii & iii | d. i, ii & iii |



4. In which game button should be exchanged?

- a. 100m race
- b. 200m race
- c. 400m race
- d. relay race

5. Which game related is castling word?

- a. Carom
- b. Badminton
- c. Chess
- d. football

**Read the stem below and answer to the question no 6 and 7**

Farhan the student of class 6, plays football well. His school team takes part in a football tournament. During the tournament they try their best and win the tournament.

8. How does Farhan's and his team start the game ?

- a. Goal kick
- b. Kick off
- c. Corner kick
- d. Free kick

9. What is the important cause of the victory of Farhan's Team?

- i. Team spirit
- ii. Preventing opposing players
- iii. Mutual co-operation

Which of the below is correct?

- a. i and ii
- b. i and iii
- c. ii and iii
- d. i, ii and iii

**The End**

# 2018

Academic Year

6-Physical

শিক্ষাই দেশকে দারিদ্র্যমুক্ত করতে পারে

- মাননীয় প্রধানমন্ত্রী শেখ হাসিনা

মিতব্যয়ী কখনও দরিদ্র হয় না

নারী ও শিশু নির্যাতনের ঘটনা ঘটলে প্রতিকার ও প্রতিরোধের জন্য ন্যাশনাল হেল্পলাইন সেন্টারে  
১০৯ নম্বর-এ (টোল ফ্রি, ২৪ ঘণ্টা সার্ভিস) ফোন করুন



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